

AUSTRALIAN

diabetic LIVING

Your annual
cycle of care

**MAKE A
PLAN**

CHARGILLED
SMOKY
TOMATO
CHICKEN
See page 60



PETER'S STORY

*"Lose a leg
or lose
my life"*

PLUS!

BOOK EXTRACT
How intermittent
fasting can work
for you!

**eat well,
feel
well**

✓ **STOVETOP DINNERS**

✓ **A CAN AND A PLAN** ✓ **FRUITY FINISH**

MARCH/APRIL 2024 \$8.99 NZ \$9.80

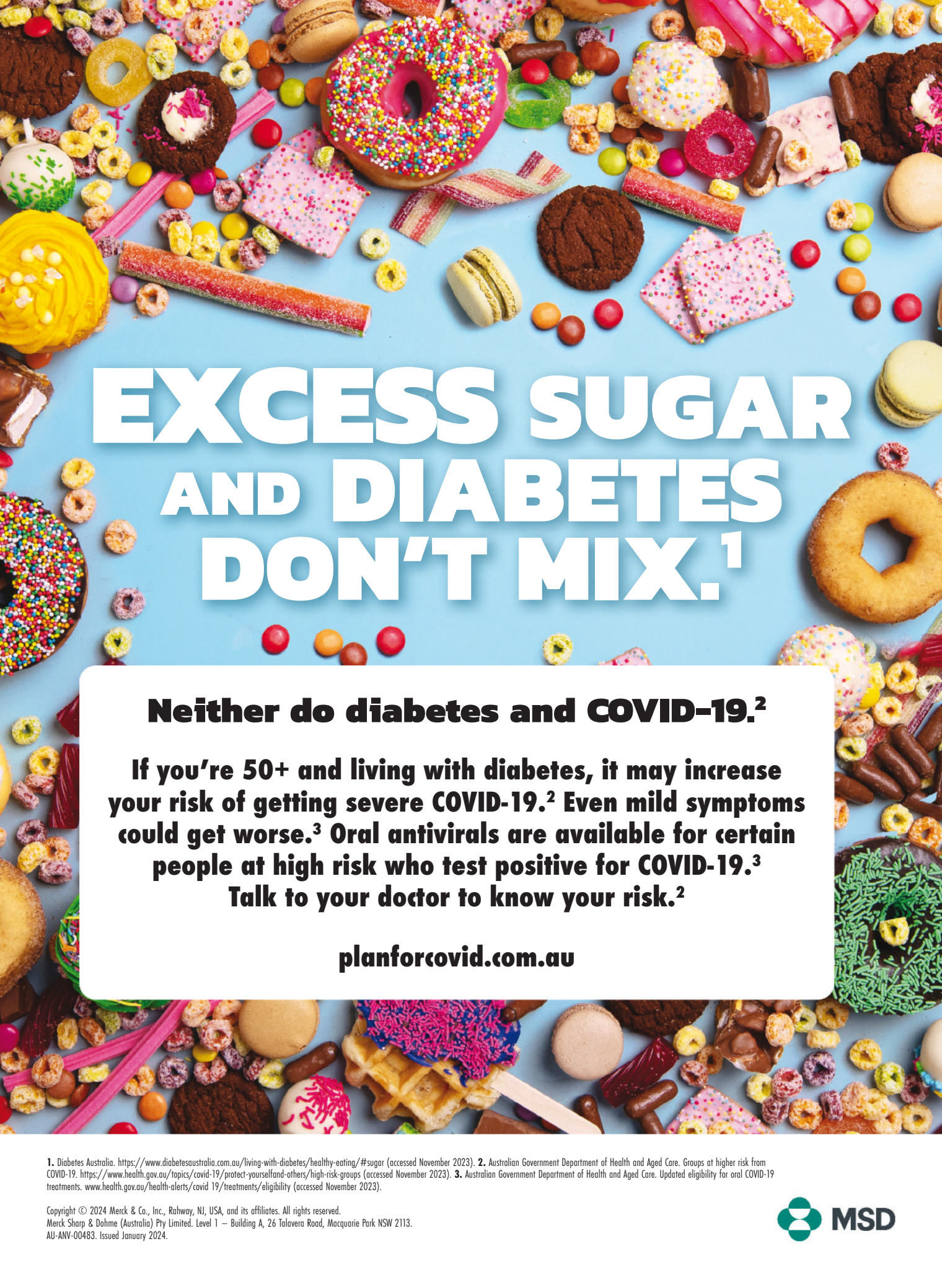


03
are
media

THE MED DIET
Eating for longevity
and good health

TRAGEDY
Dead in Bed
Syndrome explained

COELIAC DISEASE
and type 1 diabetes.
What's the connection?



EXCESS SUGAR AND DIABETES DON'T MIX.¹

Neither do diabetes and COVID-19.²

If you're 50+ and living with diabetes, it may increase your risk of getting severe COVID-19.² Even mild symptoms could get worse.³ Oral antivirals are available for certain people at high risk who test positive for COVID-19.³

Talk to your doctor to know your risk.²

planforcovid.com.au

1. Diabetes Australia. <https://www.diabetesaustralia.com.au/living-with-diabetes/healthy-eating/#sugar> (accessed November 2023). 2. Australian Government Department of Health and Aged Care. Groups at higher risk from COVID-19. <https://www.health.gov.au/topics/covid-19/protect-yourself-and-others/high-risk-groups> (accessed November 2023). 3. Australian Government Department of Health and Aged Care. Updated eligibility for oral COVID-19 treatments. www.health.gov.au/health-alerts/covid-19/treatments/eligibility (accessed November 2023).

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116

60

122

98

78

92

COVER PHOTOGRAPHY
IMMEDIATE MEDIA

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and subscribe to
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chance to save up to 36%
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39

MARCH/APRIL 2024

CONTENTS



FOOD

- 14 **5 days, 5 dinners** Inspiration for everyday meals
- 22 **Summer colours** Cooking from the season
- 31 **Using your gadgets** Get the most out of your kitchen tech
- 36 **Ready, veg, go** We've got your meat-free Monday covered
- 46 **4 ways with feta** Cheese is good, feta is better
- 52 **Pantry superstar** The things you can do with a can of tuna
- 60 **Winner, winner** (healthy) chicken dinner!
- 62 **Stovetop sensations** No oven required
- 70 **Let's do lunch** Yummy lunchboxes for work, school or home
- 78 **Fresh 'n' fruity** Healthy desserts



LIVING WELL

- 92 **Coeliac disease** is more prevalent in people with T1, Dr Kate Marsh explains why
- 98 **The Fastest Diet** read up on the intermittent fasting phenomenon
- 104 **Heart health** February is heart awareness month
- 106 **The Mediterranean Diet** The world's healthiest diet
- 111 **Late T1 diagnosis** What can a diagnosis in adulthood mean?

- 115 **Need to know** 6 things to know about Dead in Bed Syndrome
- 116 **Annual cycle of care** What you should be doing, when, and why



MY STORY

- 120 'It was the worst day of our lives'
- 122 'I woke up minus three toes'



REGULARS

- 3 **Privacy notice**
- 5 **Editor's note**
- 6 **Just diagnosed**
- 8 **Your healthy life**
- 13 **Contact info**
- 86 **Cook's tips**
- 88 **Menu plan**
- 90 **About our food**
- 125 **Puzzles**
- 130 **Recipe index**

98





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28



Live longer

The Mediterranean region has a lot going for it - great weather, plenty of gorgeous beaches and no shortage of fabulous food. And it turns out that eating the Mediterranean way - wholegrains, plenty of vegetables, lean protein - is an excellent way to live longer and healthier. Newspapers around the world have been running features on why it's so great and in this issue, we've got an extract from our sister publication, *Better Homes and Gardens*, a new special issue all about the Mediterranean diet. Turn to page 106 to find out more.

If you're inspired (and I'm sure you will be!) this issue is jam-packed with healthy recipes that taste great and are perfect for enjoying in these last days of summer. Turn to Summer Colours on page 22 for vibrant meals that make the most of the season's produce. Although seafood is an important part of the Mediterranean diet, I don't love cooking fish at home. But I do love canned tuna and our feature on page 52 is packed with recipes that make the most of this versatile pantry staple.

This month's features include a deep dive into being diagnosed with type 1 as an adult - which can be quite the shock, as well as a look at the connection between coeliac disease and type 1. Dr Kate Marsh explains the importance of your annual care plan and our book extract looks at the benefits of intermittent fasting. And Peter's story, about life after two leg amputations, is nothing short of inspiring! We hope you enjoy the issue!

Alix

Alix Davis,
Editor



98

**NEXT
ISSUE
ON SALE
APR 18**



58

PHOTOGRAPHY IMMEDIATE MEDIA AND GETTY IMAGES

We'd love to hear from you!

We want to hear your stories, answer your questions and share the love with other readers



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Diabetes Australia and JDRF are proud to support *Diabetic Living*. While all care has been taken in the preparation of the articles in this magazine, they should only be used as a guide, as neither Are Media Pty Limited nor Diabetes Australia is able to provide specific medical advice for people with diabetes or related conditions. Before following any health advice given in this magazine, please consult your healthcare professional. Recipes that are gluten free or have gluten-free options have been approved by Coeliac Australia.

JDRF IMPROVING
LIVES
CURING
TYPE 1
DIABETES.

diabetes
australia

Coeliac
Australia

JUST diagnosed

START
HERE

A diagnosis of diabetes can be scary at first – don't panic, we're here to help



DIABETES 101

Getting your head around 'diabetes lingo'? Read on...

- **When should I test my blood glucose levels (BGLs)?** This varies depending on the type of diabetes and your medication, but possible times include before meals, two hours after eating, before bed, before you exercise and if you're feeling unwell.
- **What should my BGLs be?** As a guide, if you have type 1 diabetes, a healthy target to aim for is 4-6mmol/L before you eat, and 4-8mmol/L two hours after starting a meal. If you have type 2 diabetes, aim for 6-8mmol/L before meals, and 6-10mmol/L two

hours after starting a meal. Ask your doctor or Credentialed Diabetes Educator for more guidance.

- **What's mmol/L?** It stands for millimoles per litre of blood, and is how BGLs are measured.
- **What's HbA1c?** It's your average BGLs over a period of 10-12 weeks and, used in conjunction with the blood glucose monitoring you do yourself, paints a picture of your blood glucose management. Your doctor will arrange a HbA1c test every three to six months.
- **What's a hypo?** It's when BGLs drop below 4mmol/L. A hypo can make it hard to concentrate, so some

activities (like driving) aren't safe, and it needs to be treated quickly using specific foods. Only people who take insulin or some types of glucose-lowering tablets are at risk of a hypo.

- **Will I have to use insulin?** Yes, if you have type 1. But 50 per cent of people with type 2 will also need insulin six to 10 years after being diagnosed, because the pancreas produces less insulin over time.
- **What's pre-diabetes?** It's when BGLs are higher than normal, but not high enough for a type 2 diagnosis. Lifestyle changes can delay or prevent pre-diabetes from becoming type 2.

TYPE 1 & TYPE 2...

What's the difference?

TYPE 1 is an auto-immune condition caused by a combination of genetics and unknown factors. It accounts for 10 per cent of all diabetes, and occurs when the body's immune system destroys the cells in the pancreas that produce insulin, the hormone that's vital for converting glucose into energy. People living with type 1 diabetes need to use insulin to reduce the level of glucose circulating in their blood.

TYPE 2 is caused by a combination of genetics and lifestyle factors. It accounts for 85-90 per cent of all diabetes, and is a progressive condition where the body becomes resistant to the normal effects of insulin, or where the pancreas slowly loses its ability to produce enough of the hormone – both of which leave too much glucose in the blood. Lifestyle modifications or medication (and sometimes both) are used to manage type 2 diabetes.

IN 2020, TYPE 1 DIABETES COST

\$2.9 BILLION

in Australia, through healthcare costs, reduced wellbeing, lower employment and additional care



FOOD MYTHS FOR PWD*

It's my sweet tooth!

It's not that simple. While type 1 is triggered by genetics and unknown factors, type 2 is caused by a mix of genetics and lifestyle factors. One of those is being overweight, but it's not just sugar that causes that. Plus, if you are overweight, that's only a risk factor, not a direct cause of type 2.

No more chocolate!

False. As long as chocolate, or other foods containing added or natural sugars, are eaten as part of a healthy meal plan or combined with exercise, people with diabetes can definitely still enjoy them in moderation. Talk to your GP or dietitian for more info.

Ugh. A 'special diet'

Not really. These days 'healthy eating' for people who have diabetes is no different to the 'healthy eating' guidelines recommended for the general population. You don't need to prepare separate meals or buy special food – the recipes in *DL* are designed for everyone.

* That's People With Diabetes

TAKE THIS TO HEART

1 You're not alone

About 280 Aussies develop diabetes every day – one person every five minutes. And for every four people diagnosed, someone else is living with diabetes but doesn't know. The longer diabetes goes undiagnosed, the more it can impact your overall health.

2 It's your move

Continuing or starting regular physical activity will help lower your short- and long-term BGLs and can also help certain diabetes medications work more effectively. Plus, along with a healthy diet, losing weight – as little as five per cent of your body weight – can also have a positive impact.

3 We're here

Wondering where to start? Combined with advice from your healthcare team, you've made a great first step. In this (and every!) issue of *Diabetic Living*, you'll find practical, helpful advice, expert responses to questions that might sound familiar, and a whole heap of healthy recipes. ■



YOUR healthy life

The latest global diabetes news

IS THERE A LINK BETWEEN VITAMIN C AND FOOT ULCERS?

Fresh research is underway to study whether something as simple as vitamin C could help in the treatment of foot ulcers, which can lead to amputations, for people with diabetes.

“Diabetic foot ulceration (DFU) is one of the most devastating complications for people living with diabetes, both type 1 and type 2,” says Deakin University’s Professor Glenn Wadley, who received a Diabetes Australia Research Program grant at the end of 2023 to study the efficacy of vitamin C as a treatment of foot ulcers. “It leads to 12 Australians every day undergoing diabetes-related amputations. “Vitamin C plays a critical role in wound healing and we now know that half of the patients with DFUs are deficient in vitamin C,” says Professor Wadley. “There’s also a strong association between low vitamin C levels and high levels of amputation. “It’s now critical to examine whether vitamin C supplementation translates to improved wound healing,” says Professor Wadley, who will lead a randomised, placebo-controlled double-blind trial to investigate.



When was the last time you had a chat with someone you don't know? If it's been a while, it might be time to become more outgoing, with new research suggesting that greeting strangers boosts happiness levels. The study shows that compared to people who keep to themselves and avoid talking to strangers, those who make a habit out of having momentary interactions with people they don't know tend to report higher levels of life satisfaction or happiness. Even saying a brief 'hello' has an impact. The researchers say it may be because interacting with strangers can help you feel like you belong to a community.



Q: When I was diagnosed with type 2 late last year I didn't have any obvious symptoms so I felt blindsided. Now I'm really worried I may have other health problems I don't know about, which is making me anxious. How can I regain control?

Janine says: When health conditions have 'silent' symptoms, a diagnosis can feel disarming and unsettling. Concerns about the possibility of missing other health issues are understandable and may, for a while, cause hypervigilance as people seek to ensure they remain aware of any changes in their health status.

It's tempting to try and control worry thoughts when they show up, however, this can make anxiety symptoms worse. Plus, while we're engaged in an unwinnable battle with these thoughts, we lose control of our lives.

Instead of trying to control worry thoughts, practice letting them come and go more freely. When you notice a worry thought, acknowledge this and remind yourself it's natural to worry about things we care about. Because worry can pull us into the future, it might also help to get present – take a moment to check in with your surroundings, what you can see, hear, smell, feel and taste. Once you feel more grounded, focus your attention on activity that moves your life in a meaningful direction.

We don't need to get rid of worry thoughts to live fully. The challenge is to learn to hold worry thoughts more lightly, as gentle reminders, so that we can more flexibly engage with what we care about.

Dr Janine Clarke, psychologist

HOLD THE SALT

Recent research has linked consuming salt to the risk of developing type 2 diabetes. Surveying more than 400,000 adults, the study found that compared to people who 'never' or 'rarely' used salt, people who 'sometimes' add salt to a meal had a 13 per cent higher risk of type 2, while those who 'usually' do had a 20 per cent higher risk. Meanwhile, people who 'always' did had a 39 per cent higher risk of the disease.

Further research is needed to determine exactly why or how higher salt intake is linked to a higher type 2 diabetes risk. However, researchers say one explanation could be that salty food encourages people to eat larger portions, which increases the chance of developing type 2 diabetes risk factors, like inflammation and carrying too much weight.





Q&A ASK DR MARSH

Q: I love chocolate and with Easter at the end of the month, temptation is everywhere! I've got type 2 and am also trying to lose some weight. How can I enjoy the odd sweet treat over Easter, but keep my health goals on track too?

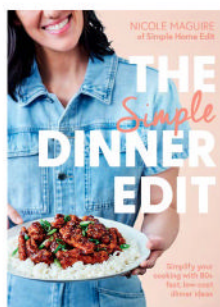
Kate says: The good news is there's a growing body of research showing that your favourite food might not be as bad as once thought and may actually offer some health benefits. Chocolate contains a range of antioxidants, in particular flavonoids (also found in fruits, vegetables, tea and red wine) which may benefit our health. Dark chocolate is the best choice as it contains much higher levels of antioxidants than milk chocolate. Research has shown that cocoa, one of the main ingredients in dark chocolate, may lower blood fats, fasting blood glucose levels and measures of inflammation in people with type 2 diabetes.

Similar findings haven't been seen with milk or white chocolate as they don't contain the same level of antioxidants responsible for these health benefits. And despite its benefits, chocolate doesn't belong in a class with other healthy foods such as fruit and vegetables. It's still high in fat and energy so is best eaten in small amounts, particularly if you're watching your weight. So, ask the Easter Bunny for some good quality dark chocolate eggs, stick to small amounts and take your time to eat and enjoy them!

Dr Kate Marsh, advanced accredited practising dietitian and credentialled diabetes educator

SAVE THE DATE

Saturday 9 March is World Kidney Day, which aims to raise awareness of the importance of our kidneys for our overall health and to reduce the frequency and impact of kidney disease. If you're living with diabetes, World Kidney Day is also a good reminder to book your Kidney Health Check if it's been more than a year since your last one. Diabetes is one of the main causes of chronic kidney disease, so that one in three people living with diabetes will develop it. However, while kidney disease isn't reversible, it is treatable if found early, which is why having an annual kidney check, which involves a blood test, a urine test and having your blood pressure measured, is so important.



The Simple Dinner Edit

By Nicole Maguire
Plum, \$39.99

From the founder of Simple Home Edit, the hugely successful home-cooking hub with more than a million followers, comes this debut cookbook, packed with more than 80 mouth-watering dinner recipes. Delicious and budget friendly, it features speedy weeknight lifesavers and family favourites using everyday ingredients. You'll also find some brilliant tips on how to freeze or turn leftovers into a second meal.



The Health Habit

By Dr Amantha Imber
Penguin Life, \$36.99

Feel like you're trapped in a cycle of unhealthy habits? In *The Health Habit*, psychologist Dr Amantha Imber steps away from the one-size-fits-all approach to explain how you can eat healthier, boost your energy and sleep better by overcoming the unique barriers that are getting in your way. Packed with bite-sized advice, *The Health Habit* is for anyone stuck repeating the same habits and looking for practical solutions to transform their health for good.

Travelling with diabetes is about to get easier

your healthy life

If you've ever experienced distress trying to get through airport security screening when you're carrying diabetes medications or medical devices, you're not alone – and Diabetes Australia is determined to do something about it. "Despite clear guidance from the Department of Home Affairs to ensure people can get through airport security without affecting their medical devices, people have been telling Diabetes Australia that these rules are applied inconsistently at Australia's airports, resulting in 'horrible' and 'awful' experiences," says Justine Cain, Group Chief Executive Officer at Diabetes Australia.

As a result, Diabetes Australia has commenced a project to develop and deliver training and resources for airport security staff to respond more appropriately to people living with diabetes. The project will also involve reviewing and updating the existing 'diabetes and travel' information available online, including providing advice to other organisations and easy-to-use resources for people with diabetes.



HOW SMART ARE YOUR SNACKS?

According to a study out of King's College London, snacking is not only not unhealthy, do it right and it can even result in decreased hunger and better metabolic health.

Still, the research also showed that roughly a quarter of people are undoing the benefits of eating healthy meals by choosing unhealthy snacks, a habit that increases the risk of stroke and cardiovascular disease, even when all your main meals are healthy ones. "Considering 95 per cent of us snack and that nearly a quarter of our calories come from snacks, swapping unhealthy snacks such as cookies, crisps and cakes to healthy snacks like fruit and nuts is a really simple way to improve health," says Dr Sarah Berry, one of the study's authors.

NEW DRUG DELIVERY SYSTEM COULD REVOLUTIONISE TYPE 2 MANAGEMENT

Dietary management drugs, like Ozempic, have recently transformed the management of type 2 diabetes, but research suggests some people find it a challenge to keep up with the daily or weekly injections that are required. A team of engineers from Stanford University in the US may have just found a potential solution. They've developed a new hydrogel based drug delivery system that transforms daily or weekly injections of drugs like Ozempic to just once every four months. "Adherence is one of the biggest challenges in type 2 diabetes management," says Stanford University's Eric Appel, the principal investigator on the new hydrogel that allows the slow release of the diet control drugs over many months. "Needing only three shots a year would make it much easier for people with diabetes or obesity to stick with their drug regimen." While the hydrogel is currently being tested in animals, it's hoped the system will move to human clinical trials within two years.





Q: Last year I managed to turn exercise into a regular habit, and I now walk about 5km every day. I know I should also be doing some strength-building exercises a couple of times a week, too, but am not sure where to start. Help!

Drew says: Walking is a great way to manage blood glucose levels, especially after meals. So, as well as your longer 5km daily walk, it's a good idea to make going for a 15-minute, post-meal walk a regular part of your daily routine, too.

You can improve the strength of your muscles and your bones with resistance training. A good place to start is by mastering the basics of bodyweight exercises. For your lower body, learn how to perform the squat and the lunge. You can even incorporate resistance exercises during your walks. Simply find a park bench and perform sit-to-stands and step-ups – these will help improve your lower body strength. For your upper body, you can do bench dips and incline push-ups.

Try to perform three sets of as many reps as possible in 60 seconds, for each movement pattern. When you're ready to progress, you can increase the resistance by performing your exercises with a weighted vest, resistance band or by holding free weights.

Drew Harrisberg, Exercise Physiologist



A ground-breaking Australian study has shown that a drug called baricitinib, that's commonly used to treat rheumatoid arthritis, may suppress the progression of type 1 diabetes if it's given within 100 days of diagnosis.

"When type 1 diabetes is first diagnosed there is a substantial number of insulin-producing cells still present," says Professor Thomas Kay from St Vincent's Institute of Medical Research, who lead the study. "We wanted to see whether we could protect further destruction of these cells by the immune system. We showed that baricitinib is safe and effective at slowing the progression of type 1 diabetes in people who have recently been diagnosed."

This research shows promise as the first disease-modifying treatment of its kind for type 1 diabetes that can be delivered as a tablet. "Up until now, people with type 1 diabetes have been reliant on insulin delivered via injection or infusion pump," says Professor Kay. "Our trial showed that, if started early enough after diagnosis, and while the participants remained on the medication, their production of insulin was maintained. People with type 1 diabetes in the trial who were given the drug required significantly less insulin for treatment." The research team is optimistic that this treatment will become clinically available in a few more years.

HERE TO HELP

Whether you're newly diagnosed with diabetes or need some support or information having lived with it for some time, there are organisations that can help, including...

DIABETES AUSTRALIA This is the national body for people living with all types of diabetes and those who are at risk. Committed to reducing the impact of diabetes, online you'll find a wide range of helpful information about everything from medications to preventing complications. Plus, if you become a member, you'll have access to an online community forum, member-only events and webinars and health professionals that are just a phone call away. Visit diabetesaustralia.com.au.

THE NATIONAL DIABETES SERVICES SCHEME (NDSS)

An initiative of the Australian Government that's administered by Diabetes Australia, as well as providing diabetes information and resources, importantly, the NDSS also delivers support services and subsidised diabetes products. To register, visit ndss.com.au or call the NDSS Helpline on **1800 637 700**.

AUSTRALIAN DIABETES EDUCATORS ASSOCIATION (ADEA)

Consulting with a credentialled diabetes educator (CDE) can help you understand more about diabetes, learn how to monitor and manage your blood glucose levels and discover what you can do to reduce your risk of diabetes-related complications. Plus, a CDE can encourage your diabetes healthcare team to work together. Head to adea.com.au to use the 'Find a CDE' service or call **(02) 6173 1000**.

JUVENILE DIABETES RESEARCH FOUNDATION (JDRF)

Dedicated to creating a world without type 1 diabetes by funding research, JDRF also provides helpful information about type 1 diabetes and a range of community support programs for people living with it. Head to jdrf.org.au to find out more.

FOOT FORWARD Discover how to care for your feet when you're living with diabetes, understand if your feet are at risk from complications and where to access relevant support services when and if you need them. Visit footforward.org.au

KEEPSIGHT As well as learning more about diabetes and eye health, at KeepSight you can sign up for regular eye check reminders and find a KeepSight provider near you to make an eye check appointment. Visit keepsight.org.au

MYDESMOND Access a suite of free online health education and behavioural-change programs that can help you self-manage type 2 diabetes or make healthy lifestyle choices after being diagnosed with gestational diabetes. Head to mydesmondaustralia.com.au to join.

NATIONAL DISABILITY INSURANCE SCHEME (NDIS)

While the NDIS doesn't fund financial support for diabetes, you may be able to access support if you have a disability caused by diabetes, such as vision impairment, amputation or hearing loss. Visit ndis.gov.au or call **1800 800 110** for more information.

5 DAYS DINNERS

It's easy being green with these quick prep,
no-cook, veg-forward meals!

MONDAY

Green gazpacho
Recipe, page 18

TUESDAY

Tomato & black bean
taco salad
Recipe, page 18



GFO LCO

CAPRESE CHICKEN SANDWICHES

PREP 10 MINS SERVES 2 (AS A MAIN)

- 2 x 80g ciabatta rolls or gluten-free rolls
- 1 clove garlic
- 1½ tbsp basil pesto or gluten-free pesto
- 2 ripe tomatoes, sliced
- 10 basil leaves
- 140g leftover cooked skinless chicken breasts, sliced
- 80g fresh mozzarella, sliced
- 60g rocket leaves
- 2 tsp balsamic glaze

- 1 Halve the ciabatta rolls and lightly

toast, then rub the garlic clove over the cut sides.

- 2 Spread the pesto over the roll bases, then top with the tomatoes, basil leaves, chicken and mozzarella slices, and rocket leaves. Drizzle over the balsamic and sandwich with the roll tops, then serve.

NUTRITIONAL INFO

PER SERVE 2220kJ (531Cal), protein 44g, total fat 18g (sat. fat 7g), carbs 44g, fibre 6g, sodium 880mg • Carb exchanges 3 • GI estimate medium • Gluten-free option

LOWER-CARB OPTION

Replace the ciabatta rolls with 2 Macro lower carb linseed & sunflower bread rolls.

PER SERVE 2480kJ (593Cal), protein 57g, total fat 32g (sat. fat 9g), carbs 10g, fibre 8g, sodium 738mg • Carb exchanges ½ • GI estimate low • Lower carb

WEDNESDAY

COOK'S TIP

Pop under the grill for a few minutes to melt the mozzarella for a moreish toastie.

PONZU TOFU POKE BOWL

PREP 20 MINS SERVES 2 (AS A MAIN)

- 1 tbsp ponzu sauce
- 2 tsp rice vinegar
- 3cm piece ginger, peeled and grated
- 1 tsp sesame oil
- 300g silken tofu
- 100g frozen shelled edamame beans, defrosted
- 250g cooked quinoa (see Cook's tip)
- ½ bunch radishes, sliced
- 2 carrots, peeled into ribbons
- 2 green shallots, thinly sliced
- 1 sheet dried seaweed (nori), crumbled
- 1 tsp sesame seeds

1 Combine the ponzu, vinegar, ginger and sesame oil in a small bowl. Pat the tofu dry using paper

towel and tear into chunks. Add to the ponzu mixture and toss gently to coat.

2 Pour some boiling water over the edamame and set aside for 2 minutes before draining thoroughly.

3 Divide the quinoa between serving bowls. Top with the edamame, radishes and carrots. Spoon over the tofu and drizzle over the remaining dressing. Sprinkle over the green shallots, seaweed and sesame seeds. Serve.

NUTRITIONAL INFO

PER SERVE 1610kJ (385Cal), **protein** 21g, **total fat** 13g (sat. fat 2g), **carbs** 41g, **fibre** 15g, **sodium** 352mg • **Carb exchanges** 2½ • **GI estimate** low

COOK'S TIP

If you don't have any leftover cooked quinoa simply cook around 90g (½ cup) dried quinoa following packet directions. Set aside to cool.

THURSDAY



mains

GFO

GREEN GAZPACHO

PREP 15 MINS (+ 30 MINS CHILLING)

SERVES 2 (AS A MAIN)

200g fresh or frozen peas
75g sourdough bread, torn into chunks, or gluten-free bread
250ml (1 cup) hot salt-reduced vegetable stock or gluten-free stock
350ml boiling water
Freshly ground black pepper
1 Lebanese cucumber, roughly chopped
1 clove garlic, roughly chopped
½ avocado, roughly chopped
2 tsp white wine vinegar
½ green chilli (deseeded if you prefer less heat), roughly chopped
2 green shallots, finely sliced
125g cherry tomatoes, roughly chopped
½ cup flat-leaf parsley leaves
2 tbsp extra virgin olive oil
2 x 38g slices sourdough bread or gluten-free bread, to serve

1 Put the peas and bread in a large heatproof bowl. Pour over the hot stock and boiling water and set aside for 2 minutes. Carefully pour the pea mixture into a blender. Season well with pepper.

2 Add the cucumber, garlic, avocado, vinegar, chilli, most of the green shallots, tomatoes and parsley to the blender. Blend until smooth. Place in the fridge for 30 minutes to chill.

3 Divide the gazpacho between serving bowls. Drizzle with the olive oil and sprinkle with the remaining green shallots, tomatoes and parsley. Serve with the bread.

NUTRITIONAL INFO

PER SERVE 2130kJ (510Cal), **protein** 16g, **total fat** 26g (sat. fat 4g), **carbs** 46g, **fibre** 14g, **sodium** 700mg
• Carb exchanges 3 • GI estimate low • Gluten-free option

COOK'S TIP

The soup will keep in the fridge for up to 3 days.

GF

TOMATO & BLACK BEAN TACO SALAD

PREP 20 MINS SERVES 2 (AS A MAIN)

Juice of ½ lime
¼ cup finely chopped coriander
¼ tsp ground cumin
½ green chilli, (deseeded if you prefer less heat), finely chopped
1 tbsp olive oil
Freshly ground black pepper
1 x 420g can no-added-salt black beans, drained and rinsed
100g cherry tomatoes, halved
½ cos lettuce, chopped
125g can corn kernels, drained and rinsed
½ red capsicum, finely chopped
2 taco shells
1½ tbsp pumpkin seeds

1 Combine the lime juice, coriander, cumin, chilli and oil in a bowl. Season well with pepper.

2 Add the beans, tomatoes, lettuce, corn and capsicum to the bowl. Toss to combine.

3 Crumble in the taco shells and mix to coat everything in the dressing. Scatter over the pumpkin seeds and serve straightaway.

NUTRITIONAL INFO

PER SERVE 1600kJ (383Cal), **protein** 16g, **total fat** 18g (sat. fat 3g), **carbs** 33g, **fibre** 12g, **sodium** 123mg • Carb exchanges 2 • GI estimate low • Gluten free

FRIDAY

GF LC

TUNA, ZUCCHINI & CHILLI CHICKPEAS

PREP 20 MINS (+ 15 MINS STANDING)

SERVES 2 (AS A MAIN)

Zest and juice of ½ lemon
2 tbsp finely chopped flat-leaf parsley leaves
2 tbsp shredded basil leaves
1 clove garlic, crushed
2 tsp drained capers, rinsed and finely chopped
½ small red chilli (deseeded, if you prefer less heat), finely chopped
Freshly ground black pepper
2 x 95g cans tuna in olive oil
1 zucchini, thinly sliced into rounds
1 x 420g can no-added-salt chickpeas, drained and rinsed

1 Put the lemon zest and juice in a bowl. Add the parsley, basil, garlic, capers and chilli. Season with pepper. Toss to combine.

2 Strain the oil from the can of tuna and add to the herb mixture with the zucchini rounds. Toss well to completely coat in the dressing. Set aside for 15 minutes to soften.

3 Stir the chickpeas into the tuna mixture and toss to combine. Flake the tuna and add to the chickpea mixture. Toss gently to combine. Serve.

NUTRITIONAL INFO

PER SERVE 1000kJ (239Cal), **protein** 29g, **total fat** 6g (sat. fat 1g), **carbs** 13g, **fibre** 8g, **sodium** 515mg • **Carb exchanges** 1 • **GI estimate** low • **Gluten free** • **Lower carb**

RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA;
ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)





LOVE YOUR LEFTOVERS

Not sure what to do with the remaining food?
Take inspiration from these tasty tips

GROCERIES

PONZU SAUCE Drizzle a little over salads to add an umami flavour or in noodle dishes.

QUINOA Use in salads or as an alternative to porridge or rice.

SEAWEED Cut into strips and use in salads, use to make healthy veggie or tuna sushi rolls.

PESTO Use in dressings, as a spread over pizza bases or toss through fresh pasta with steamed seasonal vegetables.

TACO SHELLS Bake and crush into pieces to use in salads or heat up and fill with a mince and bean taco filling topped with shredded lettuce and chopped tomatoes.

VEGETABLE STOCK Use in soups and sauces.

CAPERS Finely chop and use in dressing or use in pasta sauces or sprinkle a few as an addition to your favourite healthy pizza toppings to add a flavour hit.

MOZZARELLA Cut into small pieces and use salads or slice for toasted sandwiches.

FRUIT & VEGETABLES

GINGER Use in dressings, stir-fries, soups or casseroles.

RADISHES Thinly slice and use in salads or munch on as a snack.

BASIL, CORIANDER AND PARSLEY Roughly chop and use in salads. Finely chop and use in salad dressings.

LIME AND LEMON Cut wedges and add to your water bottle or squeeze and use in dressings.

COS LETTUCE Use in salads or as a lower carb alternative to wraps.

CAPSICUM Slice or chop and use in salads or on sandwiches.

CHILLI Use in dressings or stir-fries.

EDAMAME Steam or microwave as a snack.

SHALLOTS Use in dressings, salads or stir-fries.

AVOCADO AND SOURDOUGH Mash and spread over toast. Top with sliced tomatoes, sprinkle with pepper and a few basil leaves and serve as a quick brekkie or snack. ■

SHOPPING LIST

GROCERIES

- ☐ 250ml bottle ponzu sauce
- ☐ 215ml bottle balsamic glaze
- ☐ 500g pkt quinoa
- ☐ 1 pkt dried seaweed (nori)
- ☐ 190g jar basil pesto
- ☐ 1 x 420g can no-added-salt black beans
- ☐ 110g can corn kernels
- ☐ 190g pkt taco shells
- ☐ 1L salt-reduced vegetable stock
- ☐ 110g jar capers in vinegar
- ☐ 1 x 420g can no-added-salt chickpeas
- ☐ 2 x 95g cans tuna in olive oil

MEAT AND POULTRY

- ☐ 140g leftover cooked skinless chicken breast fillet

CHILLED (FRIDGE & DELI)

- ☐ 300g silken tofu
- ☐ 120g pkt fresh mozzarella

FREEZER

- ☐ 200g pkt frozen shelled edamame beans

BAKERY

- ☐ 2 x 80g ciabatta rolls
- ☐ 1 loaf sourdough bread

PANTRY

- ☐ Rice vinegar
- ☐ White wine vinegar
- ☐ Sesame oil
- ☐ Olive oil
- ☐ Extra virgin olive oil
- ☐ Sesame seeds
- ☐ 3 cloves garlic
- ☐ Ground cumin
- ☐ Pumpkin seeds
- ☐ Freshly ground black pepper

FRUIT & VEGETABLES

- ☐ Small piece ginger
- ☐ 1 bunch radishes
- ☐ 2 carrots
- ☐ 2 ripe tomatoes
- ☐ 1 bunch basil
- ☐ 60g rocket leaves
- ☐ 1 lime
- ☐ 1 lemon
- ☐ 1 bunch coriander
- ☐ 1 green chilli
- ☐ 1 small red chilli
- ☐ 250g punnet cherry tomatoes
- ☐ 1 cos lettuce
- ☐ 1 red capsicum
- ☐ 250g shelled fresh peas
- ☐ 1 Lebanese cucumber
- ☐ 1 bunch flat-leaf parsley
- ☐ ½ bunch green shallots
- ☐ 1 avocado
- ☐ 1 zucchini



**HOW OUR
FOOD WORKS
FOR YOU**
see page 90

Make the most of the freshest seasonal ingredients such as silverbeet, zucchini and raspberries to make these vibrant summer dishes. Using produce that is currently in-season not only ensures you are getting fruit and veg that is superior quality, it is also likely to be grown locally and cheaper as it's in peak supply.

SUMMER COLOURS



**CHARRED LETTUCE WITH RANCH
DRESSING & BACON BITS**

Recipe, page 25

seasonal

CUCUMBER SOUP

Recipe, opposite



GF LC

CUCUMBER SOUP

PREP 10 MINS

SERVES 4 (AS A SNACK)

2 (about 675g) cucumbers

170g (2/3 cup) reduced-fat Greek natural yoghurt

Juice of 1-2 limes, depending on taste

Small handful of tarragon, chopped

3 sprigs mint, leaves picked

1 bunch chives, chopped

Olive oil, to drizzle

1 Finely chop a third of one of the cucumbers and set aside for when you're ready to serve later.

2 Roughly chop the remaining cucumbers and put into a blender or food processor. Add the yoghurt and the lime juice from one lime. Add the tarragon, most of the mint leaves and most of the chives. Blitz until the mixture is smooth. Taste the soup and add some or all the lime juice from the second lime if you want more acidity.

3 Pour the soup into bowls or small cups, scatter over the finely chopped cucumber, remaining mint leaves and the rest of the chives. Drizzle with a little oil just before serving.

NUTRITIONAL INFO

PER SERVE 357kJ (85Cal), **protein** 4g, **total fat** 3g (sat. fat 1g), **carbs** 7g, **fibre** 3g, **sodium** 68mg
 • Carb exchanges ½ • GI estimate low • Gluten free • Lower carb

GFO LC

CHARRED LETTUCE WITH RANCH DRESSING & BACON BITS

PREP 10 MINS COOK 20 MINS

SERVES 4 (AS A SIDE)

6 rashers lean streaky bacon

4 Little Gem lettuces, quartered

1½ tbsp olive oil

Freshly ground black pepper

Handful chives, finely chopped

RANCH DRESSING

2 tbsp 97% fat-free mayonnaise

or gluten-free mayonnaise

100ml buttermilk

1 tsp garlic granules

1 tsp onion powder

1 tsp Dijon mustard or gluten-free mustard

1 tbsp snipped chives

Juice of half a lemon

1 Preheat oven to 180°C (fan-forced). Line a baking tray with baking paper. Put the bacon on the lined tray and bake for 16-18 minutes or until really crisp. Cool and roughly chop.

2 Heat a chargrill pan over high heat. Brush the cut sides of the lettuce with the oil and season with pepper. Add the lettuce and cook for 1-2 minutes on each of the cut sides until charred. Arrange on a serving platter.

3 To make the dressing, whisk together all the ingredients. Season with pepper.

4 Spoon the dressing over the charred lettuce, then sprinkle over the bacon bits and chives.

NUTRITIONAL INFO

PER SERVE 700kJ (167Cal), **protein** 12g, **total fat** 10g (sat. fat 2g), **carbs** 6g, **fibre** 1g, **sodium** 790mg
 • Carb exchanges ½ • GI estimate low
 • Gluten-free option • Lower carb



seasonal



SILVERBEET SPANAKOPITA *Recipe, page 28*

COOK'S TIP

Will keep frozen for up to two months. Defrost completely before cooking.



HARISSA LAMB-STUFFED ZUCCHINI Recipe, page 28



seasonal

LC

SILVERBEET SPANAKOPITA

PREP 30 MINS **COOK** 40 MINS
SERVES 8 (AS A LIGHT MEAL)

600g silverbeet, leaves and stalks separated (use a mixture of colours, if you like)
2 tbsp water
4 tbsp olive oil
8 green shallots, sliced
200g reduced-fat feta
Freshly ground black pepper
1 bunch dill, roughly chopped
½ small bunch mint, leaves picked and chopped
Zest of 1 lemon
½-1 tsp ground nutmeg
2 x 60g eggs
8 sheets chilled filo pastry

SALAD

2 cups baby spinach leaves
1 small avocado, sliced
¼ red onion, thinly sliced
Drizzle fresh lemon juice

1 Preheat oven to 180°C (fan-forced). Shred the silverbeet leaves. Place into a large saucepan with the water. Cook over medium heat, stirring, for 2 minutes or until the leaves just wilt. Remove the pan from the heat. Drain and set aside to cool slightly. When cool enough to handle, use your hands to squeeze out the excess water. Transfer the silverbeet leaves to a large bowl.

2 Roughly chop the silverbeet stalks. Heat 1 tbsp of the oil in the saucepan over medium heat. Add the stalks and green shallots. Cook, stirring often, for 7-8 minutes or until the stalks soften. Tip into the bowl with the silverbeet leaves.

3 Crumble the feta into the bowl and season with pepper. Stir in the dill, mint, lemon zest, nutmeg and eggs.

4 Unwrap the filo pastry and lay one of the sheets into the base of a medium roasting tin (30 x 25cm). Brush with a little of the remaining oil and place another sheet on top. Repeat until you've used four sheets and half the remaining oil. Spoon the silverbeet filling over the filo and gently spread out to cover. Lay another sheet of filo on top, brush with more oil and repeat until you've used all the remaining filo pastry and almost all the oil. Trim the pastry, if needed, or tuck it under to form a pie.

5 Brush the pastry with the last of the oil and bake for 35-40 minutes or until golden. Set aside to cool slightly. Serve warm.

NUTRITIONAL INFO

PER SERVE 1260kJ (301Cal), **protein** 14g, **total fat** 17g (sat. fat 5g), **carbs** 20g, **fibre** 4g, **sodium** 653mg • **Carb exchanges** 1½ • **GI estimate** medium • **Lower carb**

GFO LCO

HARISSA LAMB-STUFFED ZUCCHINI

PREP 15 MINS **COOK** 1 HOUR 10 MINS **SERVES** 4 (AS A MAIN)

4 medium zucchini
2 tbsp olive oil
400g lean lamb mince
4 cloves garlic, finely chopped
1 tbsp cumin seeds
2 tsp harissa paste
2 x 400g cans no-added-salt chopped tomatoes
Freshly ground black pepper
Small bunch flat-leaf parsley
80g reduced-fat feta, crumbled
2 x 120g sourdough rolls or gluten-free rolls, torn in half

1 Preheat oven to 180°C (fan-forced). Cut the zucchini in half

lengthways and use a spoon to scoop out the flesh, leaving a ½cm-thick shell. Finely chop all of the flesh.

2 Heat the oil in a large non-stick frying pan over high heat. Add the lamb mince and zucchini flesh and cook, stirring often, for 5-6 minutes or until the meat is well browned. Add the garlic and cumin, and cook, stirring, for 2 minutes. Stir in half of the harissa. Remove the pan from the heat.

3 Pour the chopped tomatoes into a large baking dish. Season with pepper and stir in the remaining harissa. Nestle the zucchini halves into the sauce and spoon the lamb mince into the cavity of each. Cover with foil and bake for 20 minutes. Remove the foil and roast for a further 30 minutes or until the zucchini is tender and the sauce reduced.

4 Scatter the parsley and feta over the zucchini and serve with the crusty bread.

NUTRITIONAL INFO

PER SERVE 2190kJ (524Cal), **protein** 36g, **total fat** 22g (sat. fat 6g), **carbs** 41g, **fibre** 7g, **sodium** 637mg • **Carb exchanges** 2½ • **GI estimate** low • **Gluten-free option**

LOWER-CARB OPTION

Omit the bread rolls

NUTRITIONAL INFO

PER SERVE 1570kJ (376Cal), **protein** 30g, **total fat** 21g (sat. fat 6g), **carbs** 14g, **fibre** 5g, **sodium** 360mg • **Carb exchanges** 1 • **GI estimate** low • **Gluten-free option** • **Lower carb**

seasonal

COOK'S TIP

Keep the cake in an airtight container for up to 3 days in the fridge.

RASPBERRY CAKE

PREP 10 MINS **COOK** 40 MINS

SERVES 12 (AS OCCASIONAL DESSERT)

175g self-raising flour
170g (¾ cup) caster sugar or ¾ cup granulated sugar substitute
125ml (½ cup) sunflower oil
130g (½ cup) reduced-fat Greek natural yoghurt
3 x 60g eggs
1 tsp vanilla extract
Zest of 1 lemon
200g raspberries
Icing sugar, for dusting
100g raspberries, extra, to serve

1 Preheat oven to 160°C (fan-forced). Spray a deep, 20cm loose-bottomed cake tin with cooking spray and line the base with baking paper. Combine the flour and sugar in a bowl. Set aside.

2 Whisk the oil, yoghurt, eggs, vanilla extract and lemon zest in a

separate bowl. Tip in the flour and sugar mixture and fold in until smooth. Gently fold in the 200g raspberries. Bake for 30-40 minutes or until a skewer inserted into the middle comes out clean.

3 Set the cake aside in the tin for 10 minutes. Turn out onto a wire rack to cool completely.

4 To serve, dust cake with icing sugar and top with the extra raspberries.

NUTRITIONAL INFO

PER SERVE (with sugar) 957kJ (229Cal), **protein** 4g, **total fat** 11g (sat. fat 1g), **carbs** 27g, **fibre** 2g, **sodium** 143mg • **Carb exchanges** 2 • **GI estimate** medium

PER SERVE (with sugar substitute) 771kJ (184Cal), **protein** 4g, **total fat** 11g (sat. fat 1g), **carbs** 15g, **fibre** 2g, **sodium** 144mg • **Carb exchanges** 1 • **GI estimate** high

seasonal

GF LC

AVOCADO, KIWI & LIME ICE BLOCKS

PREP 5 MINS (+ 4 HOURS FREEZING)
MAKES 8 (1 PER SERVE, AS A
DESSERT)

1 ripe avocado, halved, stone
removed, flesh cut into chunks
2 kiwi fruit, peeled and
cut into chunks
400ml coconut water
Juice of 1 lime

1 Place the avocado, kiwi fruit,
coconut water and lime juice in a
blender or small food processor.
Cover and blend until smooth.

2 Pour the mixture evenly between
the holes of 8 ice-block moulds.
Insert the ice-block sticks and
freeze for 4 hours or until solid.

NUTRITIONAL INFO

PER SERVE 213kJ (51Cal),
protein 1g, **total fat** 3g (sat. fat 0g),
carbs 5g, **fibre** 2g, **sodium** 11mg
• Carb exchanges $\frac{1}{2}$ • GI estimate
low • **Gluten free** • **Lower carb**



FREEZING INSTRUCTIONS

Keep in the freezer for up
to 1 month.

RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA;
ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)

Are your appliances hiding in cupboards or lurking in dusty corners? Pull them out and make them earn their keep!

HOW OUR
FOOD WORKS
FOR YOU
see page 90

USING YOUR **GADGETS**



Air-fryer



Slow Cooker



Microwave

appliances



Air-fryer

Air-fryer sweet potato jackets
with tahini yoghurt

Recipe, page 34

GFO

MICROWAVE CHEAT'S PAELLA

PREP 15 MINS COOK 30 MINS

SERVES 4 (AS A MAIN)

1 tbsp olive oil
1 brown onion, finely chopped
2 cloves garlic, crushed or finely grated
500ml (2 cups) salt-reduced chicken stock or gluten-free stock
200ml water
Pinch of saffron
2 tsp smoked paprika
300g (1⅓ cups) paella or arborio rice
200g skinless chicken breast fillet, fat trimmed, thinly sliced
200g chorizo or gluten-free chorizo, chopped
Freshly ground black pepper
150g (1 cup) frozen peas
Juice ½ lemon, plus wedges, to serve
Small handful of flat-leaf parsley, roughly chopped



Microwave

1 Put the oil, onion and garlic in a large microwave-safe dish. Mix well. Cook on High/100% for 3 minutes.

2 Meanwhile, combine the chicken stock, water and saffron in a jug and leave to infuse for a couple of minutes.

3 Stir the paprika, rice, chicken and chorizo into the onions and garlic. Pour in the chicken stock mixture. Season with pepper. Cover and cook on High/100% for 15 minutes. Stir, cover and cook for a further 5 minutes on High/100%.

4 Uncover the rice, being careful with the steam. Stir in the frozen peas and another 100ml water if it's looking a little dry. Cook, uncovered, on High/100% for 3 minutes before drizzling with lemon juice and scattering over the parsley. Serve with the lemon wedges for squeezing over.

NUTRITION INFO

PER SERVE 2230kJ (533Cal), **protein** 30g, **total fat** 18g (sat. fat 5g), **carbs** 60g, **fibre** 5g, **sodium** 900mg • **Carb exchanges** 4
• **GI estimate** high • **Gluten-free option**



GF

AIR-FRYER SWEET POTATO JACKETS WITH TAHINI YOGHURT

PREP 10 MINS **COOK** 55 MINS

SERVES 2 (AS A MAIN)

2 (200g each) orange sweet potato, scrubbed and dried

1½ tbsp olive oil

Freshly ground black pepper

1 small bulb garlic

130g (½ cup) low-fat Greek natural yoghurt

3 tbsp tahini

Zest and juice 1 lemon

1 tbsp sugar-free maple syrup

¼ cup fresh curry leaves (optional)

Small handful of coriander leaves, finely chopped

Pinch of chilli flakes

1 Turn air-fryer on to 180°C. Use a small sharp knife to pierce a few holes in the sweet potatoes. Rub with 1 tablespoon of the oil and season the potatoes with black pepper. Drizzle 1 tsp of the remaining oil over the garlic bulb and wrap in foil.

2 Put both the garlic and sweet potatoes in the air-fryer and cook for 35 minutes. Remove the garlic and set aside to cool slightly. Continue to cook the sweet potatoes for 15 minutes or until cooked through (use a small knife to check).

3 Meanwhile, put the yoghurt, tahini, lemon zest and juice and maple syrup in a small bowl. Season with pepper. When the garlic has cooled, squeeze the cloves into the tahini and yoghurt mixture and stir well.

4 Put the curry leaves and remaining oil in a small bowl. Massage with your hands so they're well coated. Put the curry leaves in the air fryer and place a small, ovenproof plate on top. Make sure the plate is upside down, so air can circulate around them. Cook for 5-6 minutes at 200°C until crispy. Carefully remove the plate using tongs or oven gloves.

5 Split the sweet potatoes open and use a fork to fluff up the flesh slightly. Spoon the yoghurt mixture over the sweet potatoes, then top with the crisp curry leaves, chopped coriander and chilli flakes.

NUTRITION INFO

PER SERVE 2210kJ (529Cal), **protein** 15g, **total fat** 34g (sat. fat 5g), **carbs** 35g, **fibre** 12g, **sodium** 123mg • **Carb exchanges** 2½ • **GI estimate** low • **Gluten free**

LC**GFO**

SLOW COOKER TOMATO SOUP

PREP 5 MINS **COOK** 4 HOURS

SERVES 6 (AS A SNACK)

2 x 400g cans no-added-salt chopped tomatoes

1 red onion, chopped

1 carrot, chopped

1 sprig rosemary

2 tbsp passata

1 salt-reduced vegetable stock cube
or gluten-free stock cube

500ml (2 cups) hot water

2 bay leaves

2 tbsp light sour cream, whisked until smooth

10g (¼ cup) croutons or gluten-free croutons,
to serve (see Cook's tip)

1 Put the canned tomatoes, onion, carrot, rosemary, passata, stock cube, water and bay leaves in a slow cooker. Cover and cook on high for 4 hours.

2 Remove the rosemary from the slow cooker. Use a handheld blender to blend the soup until smooth.

3 Spoon into bowls, drizzle with a little sour cream and top with croutons.

NUTRITION INFO

PER SERVE 315kJ (75Cal), **protein** 3g, **total fat** 2g (sat. fat 1g), **carbs** 11g, **fibre** 3g, **sodium** 163mg • **Carb exchanges** ½ • **GI estimate** low • **Gluten-free option** • **Lower carb**

COOK'S TIP

If you like a thinner soup, you can add up to 250ml (1 cup) more hot water. Keep soup in an airtight container in the fridge for 3 days.

To make your own croutons, simply cut sourdough bread into small cubes and spray with cooking spray. Place on a baking tray lined with baking paper and bake in an oven preheated to 180°C (fan-forced) for 8-10 minutes or until golden brown

appliances



Slow Cooker

Slow cooker tomato soup

Recipe, opposite

READY, **veg**, GO!

Many of us automatically include vegetarian recipes in our weekly repertoire these days. It's healthy, as well as being good for the finances. Whether you're a fully-fledged veggie or you simply want to try something different, let these easy recipes give you some meat-free inspiration.



Okra with tomato sauce & couscous

Recipe, page 40

meat-free

HOW OUR
FOOD WORKS
FOR YOU
see page 90

Green masala eggs
Recipe, page 42



GFO

**ZUCCHINI & CARAMELISED
RED ONION TART****PREP** 20 MINS **COOK** 35 MINS**SERVES** 4 (AS A MAIN)Plain flour or gluten-free plain
flour, for dusting1 sheet Pampas 25% Reduced-Fat
Puff Pastry or 1 sheet gluten-free
puff pastry

1 x 60g egg, lightly whisked

50g light margarine

3 large red onions, thinly sliced

2 tbsp balsamic vinegar

1 large zucchini, peeled into long
ribbons with a vegetable peeler

100g goat's cheese

2 cups mixed lettuce leaves, to
serve**1** Preheat oven to 180°C (fan-forced).Line a large rectangular baking tray
with baking paper. Roll the pastry
out slightly on a lightly floured
surface to a rectangular shape.
Transfer the pastry to the lined tray.
Brush with the egg and bake for
15-20 minutes or until golden.**2** Meanwhile, melt the margarine in
a large non-stick frying pan over
medium heat. Once foaming, add
the onions and cook, stirring often,
for 10 minutes or until the onion
softens. Pour in the vinegar and
cook, stirring, for 6-8 minutes or until
the onions are sticky and
caramelised.**3** Spoon the onions over the pastry,
then top with the zucchini ribbons
and blobs of the goat's cheese.
Return the tart to the oven for 15
minutes or until the cheese is
bubbling. Serve with salad leaves.**NUTRITIONAL INFO****PER SERVE** 1370kJ (328Cal),
protein 14g, **total fat** 17g (sat. fat
8g), **carbs** 28g, **fibre** 6g, **sodium**
332mg • **Carb exchanges** 2 • **GI**
estimate low • **Gluten-free option**

meat-free

OKRA WITH TOMATO SAUCE & COUSCOUS

PREP 15 MINS **COOK** 1 HOUR

SERVES 4 (AS A MAIN)

2 tbsp olive oil, plus extra 1 tsp, to serve
2 red onions, finely chopped
250g okra, each sliced into 4 pieces
2 cloves garlic, crushed
1 tsp ground allspice
500g passata
450ml boiling water
290g (1½ cups) couscous
Freshly ground black pepper
Juice of 1 lemon
200g low-fat natural yoghurt, whisked until smooth
½ bunch flat-leaf parsley, chopped

1 Heat the 2 tbsp oil in a large saucepan over medium heat. Add the onions and cook, stirring often, for 10 minutes or until the onion is very soft, adding a splash of water if the onion sticks.

2 Add the okra, garlic and allspice to the pan. Cook, stirring, for 1 minute. Stir in the passata. Pour in 100ml of the water. Cover the pan and bring to a simmer. Reduce heat to medium and simmer, covered, stirring occasionally, for 40 minutes or until the okra is tender.

3 Pour the remaining 350ml boiling water over the couscous. Cover and set aside for 10 minutes. Season with pepper and use a fork to fluff up the grains.

4 Stir the lemon juice into the okra. Divide the couscous between serving plates and top with the okra mixture. Sprinkle over the parsley. Dollop the yoghurt over the top and serve.

NUTRITIONAL INFO

PER SERVE 1810kJ (433Cal), **protein** 17g, **total fat** 11g (sat. fat 2g), **carbs** 61g, **fibre** 8g, **sodium** 60mg • **Carb exchanges** 4 • **GI estimate** high



ROASTED BROCCOLI, LENTIL & TAHINI YOGHURT

PREP 15 MINS **COOK** 35 MINS **SERVES** 2 (AS A MAIN)

1 head of broccoli, cut in half
1½ tbsp olive oil
2 tsp smoked paprika
Freshly ground black pepper
1 x 420g can no-added-salt brown lentils, drained and rinsed
2 tbsp water
2 tbsp tahini
1 clove garlic, crushed
1 lemon, ½ zested and juiced, and ½ cut into wedges, to serve
100g reduced-fat Greek natural yoghurt
½ bunch flat-leaf parsley, leaves roughly chopped
30g (¼ cup) almonds, roughly chopped

1 Preheat oven to 180°C (fan-forced). Line a baking tray with baking paper.

2 Put the halved broccoli, cut-side down, on the lined baking tray. Mix the oil with the paprika and freshly ground black pepper in a small bowl. Rub the mixture all over the broccoli. Roast for 30 minutes or until tender and lightly charred. Tip the lentils around the broccoli, sprinkle over the water and roast for a further 5 minutes or until warmed through.

3 Meanwhile, combine the tahini, garlic, lemon zest and juice, and yoghurt in a small bowl. Season with pepper, adding a splash of water to make it a drizzling consistency.

4 Remove the broccoli halves and transfer to a plate. Add the parsley to the lentils in the pan and toss to combine. Divide between two plates, top each one with a broccoli half and a drizzle of the tahini yoghurt. Sprinkle over the almonds. Serve with lemon wedges for squeezing over.

NUTRITIONAL INFO

PER SERVE 2280kJ (545Cal), **protein** 23g, **total fat** 37g (sat. fat 5g), **carbs** 23g, **fibre** 17g, **sodium** 110mg • **Carb exchanges** 1 ½ • **GI estimate** low • **Gluten free** • **Lower carb**



COOK'S TIP

Leave the stalk on the broccoli when roasting; it takes on a wonderfully nutty flavour.

Roasted broccoli, lentil &
tahini yoghurt
Recipe, opposite

meat-free

GF

GREEN MASALA EGGS

PREP 10 MINS **COOK** 30 MINS

SERVES 4 (AS A MAIN)

6 x 60g eggs
300g (1¹/₃ cups) brown basmati rice
1 tbsp olive oil
1 brown onion, thinly sliced
2cm piece ginger, grated
1 tsp turmeric
1 tsp chilli powder
1 tsp ground coriander
400ml can light coconut milk
2 long green chillies, finely sliced
1 tsp mango chutney
1 small bunch coriander

1 Lower the eggs into a saucepan of boiling water and cook for 6 minutes. Carefully lift the eggs out of the water and cool under cold running water.

2 Meanwhile, cook the rice following packet directions.

3 Heat a little of the oil in a deep non-stick frying pan over medium heat. Add the onion and cook, stirring occasionally, for 6-7 minutes or until the onion softens. Add the ginger and cook, stirring, for 1 minute.

4 Stir the turmeric, chilli powder and coriander into the onion. Cook, stirring, for 1-2 minutes or until fragrant. Add the coconut milk, most of the chillies and the mango chutney. Bring to a simmer and cook for 5 minutes.

5 Meanwhile, heat the remaining oil in a non-stick frying pan or wok over medium-high heat. Peel the eggs and stir them around in the hot oil until they brown and start to bubble and crisp all over. Lift them carefully out of the pan and halve them.

6 Roughly chop the coriander and stir most of it into the masala. Add the eggs to the masala and scatter the rest of the chilli and coriander over the top. Serve with the rice.

NUTRITIONAL INFO

PER SERVE 2150kJ (514Cal), **protein** 19g, **total fat** 22g (sat. fat 10g), **carbs** 57g, **fibre** 5g, **sodium** 188mg
• **Carb exchanges** 4 • **GI estimate** medium • **Gluten free**

GF

CHICKPEA & HERB RICE

PREP 20 MINS **COOK** 25 MINS

SERVES 6 (AS A LIGHT MEAL)

3 tbsp olive oil
1 tbsp garam masala
Freshly ground black pepper
2 x 420g cans no-added-salt chickpeas, drained and rinsed
250g Sunrice Brown Rice & Multigrain cups
250g (1³/₄ cup) frozen peas
Zest and juice of 2 lemons
1 bunch flat-leaf parsley, leaves roughly chopped
1 bunch mint, leaves roughly chopped
1 bunch radishes, roughly chopped
1 Lebanese cucumber, chopped
150g pomegranate seeds or 75g (½ cup) reduced-sugar dried cranberries, to serve

1 Preheat oven to 180°C (fan-forced). Line a large roasting tin with baking paper.

2 Mix 2 tbsp oil with the garam masala and pepper in a bowl. Add the chickpeas to the spices and toss to coat. Spread the chickpeas out in the lined tin. Roast for 15 minutes or until starting to crisp.

3 Add the mixed grains, peas and lemon zest to the chickpeas. Toss to combine. Return the tin to the oven for 10 minutes or until warmed through.

4 Transfer the chickpea mixture to a large bowl or platter. Add the parsley, mint, radishes, cucumber, remaining oil and lemon juice. Season with pepper. Scatter over the pomegranate seeds.

NUTRITIONAL INFO

PER SERVE 1350kJ (323Cal), **protein** 11g, **total fat** 13g (sat. fat 3g), **carbs** 36g, **fibre** 11g, **sodium** 43mg • **Carb exchanges** 2½ • **GI estimate** medium • **Gluten free**

COOK'S TIP

Leftovers will be good for lunch the next day; add leftover roast chicken to make it go further.

Chickpea & herb rice
Recipe, opposite



meat-free



GFO LCO

HALOUMI FLATBREADS WITH CABBAGE SLAW

PREP 15 MINS COOK 15 MINS SERVES 6 (AS A MAIN)

50g ($\frac{1}{3}$ cup) pumpkin seeds
2 tbsp cumin seeds
1 small (about 650g) red cabbage,
core removed, shredded
2 capsicums, deseeded and cut into strips
2 tbsp white wine vinegar
Freshly ground black pepper
6 (66g each) Lebanese breads
or gluten-free wraps, warmed
250g salt-reduced haloumi,
cut into 12 strips
5 tbsp hummus
80g rocket leaves

1 Put the pumpkin seeds and cumin seeds in a large, dry, non-stick frying pan. Cook, stirring, over medium heat until the seeds begin to pop and smell fragrant. Transfer to a large bowl.

2 Add the cabbage, capsicum and vinegar to the seeds. Season with pepper and toss well to combine.

3 Preheat oven to 100°C (fan-forced). Line a baking tray with baking paper. Add a portion of the haloumi to the frying pan that the seeds were cooked in. Cook over medium heat for 2 minutes each side or until crispy and golden. Transfer to the lined tray and place in the oven to keep warm while cooking the remaining haloumi.

4 Spread a layer of hummus on each flatbread and top with a handful of slaw, haloumi and rocket.

NUTRITIONAL INFO

PER SERVE 1880kJ (450Cal), protein 22g, total fat 21g (sat. fat 9g), carbs 38g, fibre 10g, sodium 817mg • Carb exchanges 2½ • GI estimate high • Gluten-free option

LOWER-CARB OPTION

Swap the wraps for 6 lower carb wraps, such as Simson's Pantry Keto wraps.

PER SERVE 1690kJ (404Cal), protein 25g, total fat 25g (sat. fat 10g), carbs 12g, fibre 16g, sodium 715mg • Carb exchanges 1 • GI estimate low • Lower carb

HOSTESS WITH THE MOSTEST

the perfect gifts for the stylish entertainer



1. Apron – Blue Jewel Design, \$89 2. Premium Beach Umbrella - Brush Strokes, \$274. 3. Laguiole By Louis Thiers Salad Serving Set with Sky Blue Coloured Handles, \$89. 4. Series a Sport Canteen 600ml - Powder Blue, \$99.95. 5. Lightness of Being Bias Silk Skirt - Blue, \$329. 6. Polarbox Cooler Box Sky, \$109.95. 7. Printworks Classic Games Art of Chess Clouds, \$99.95. 8. Majority Little Shelford Bluetooth & Dab Radio with Bluetooth-Duck Egg, \$110. 9. Biodegradable Bamboo Trays, \$179.85. 10. DIY Seashell Vase – Blue, \$99.95. 11. Sherbet Petal - Linen Napkin/Placemat Set of 2, \$60. 12. Coogee Surf Life Saving Print, \$179.

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SCAN TO SHOP



Make one of our speedy feta-based meals – all on the table and ready to eat before you know it!

**HOW OUR
FOOD WORKS
FOR YOU**
see page 90



4 ways with **FETA**

GFO

GREEK FETA TRAYBAKE

PREP 10 MINS COOK 30 MINS

SERVES 4 (AS A LIGHT MEAL)

- 2 pita breads or gluten-free pita bread, cut into small triangles
- 3 tsp olive oil
- 1 tsp dried oregano
- Freshly ground black pepper
- 1 red onion, cut into thin wedges
- 400g can butter beans, drained and rinsed
- 2 zucchini, halved lengthways, diagonally sliced
- 200g cherry tomatoes on the vine
- 5 Kalamata olives, pitted and cut into thin wedges
- 100g reduced-fat feta, cut into bite-sized chunks
- 1 lemon, cut into wedges

1 Preheat oven to 200°C (fan-forced). Line a baking tray with baking paper. Place the pita bread triangles on the tray in a single layer. Drizzle over 1 tsp of the oil and scatter over half the oregano and pepper. Toss to combine. Bake for 10 minutes or until golden and crunchy.

2 Remove the pita chips from the tray. Add the onion wedges, butter beans and zucchini to the tray. Drizzle over the remaining oil and oregano. Season with pepper and toss to coat. Bake for 10 minutes. Top with the tomatoes and olives. Scatter the feta over the top. Roast for a further 10 minutes or until the vegetables are soft and the feta is starting to turn golden.

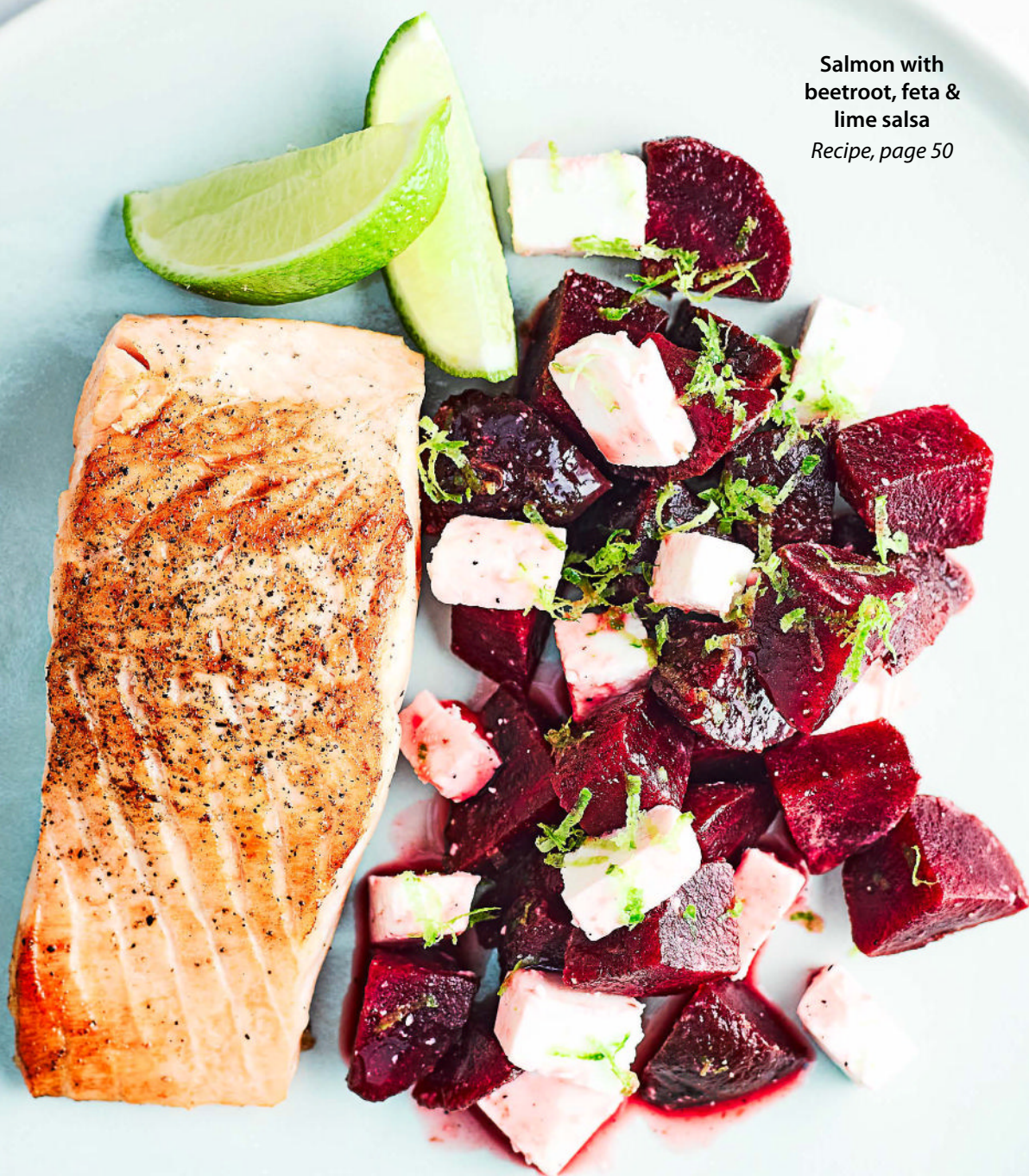
3 Scatter the pita chips over the top or around the side of the tray, and squeeze over the lemon wedges. Serve.

NUTRITION INFO

PER SERVE 1200kJ (286Cal),
protein 15g, **total fat** 9g (sat. fat 3g), **carbs** 29g, **fibre** 10g, **sodium** 668mg • **Carb exchanges** 2
• **GI estimate** medium
• **Gluten-free option**

4 ways

Salmon with
beetroot, feta &
lime salsa
Recipe, page 50



*It's important to eat oily fish as it is
good for the brain and heart, and this
is a very easy way to do it.*



Poached egg on
avocado & feta toast
Recipe, page 50

4 ways

GF LC

SALMON WITH BEETROOT, FETA & LIME SALSA

PREP 5 MINS COOK 10 MINS
SERVES 1 (AS A MAIN)

1 x 150g boneless salmon fillet
Freshly ground black pepper
100g cooked beetroot, chopped
40g reduced-fat feta, cut into small cubes
Zest of half lime
Juice of 1 lime
1 cup salad leaves, to serve
Lime wedges, to serve (optional)

1 Spray the salmon with cooking spray. Season with pepper. Heat a small non-stick frying pan over high heat. When hot add the salmon, skin-side down and cook for 3 minutes. Flip over, turn the heat down to medium and cook for a further 4-5 minutes or until cooked to your liking.

2 Meanwhile, combine the beetroot, feta, lime zest and juice in a small bowl.

3 Serve the beetroot salsa with the salmon, salad leaves and lime wedges, if using.

NUTRITION INFO

PER SERVE 2330kJ (557Cal), protein 44g, total fat 36g (sat. fat 10g), carbs 10g, fibre 6g, sodium 552mg • Carb exchanges ½ • GI estimate low • Gluten free • Lower carb

GFO LC

POACHED EGG ON AVOCADO & FETA TOAST

PREP 5 MINS COOK 5 MINS
SERVES 1 (AS A LIGHT MEAL)

1 tbsp white wine vinegar
1 x 60g egg, at room temperature
½ small avocado
25g reduced-fat feta
Pinch chilli flakes
Good squeeze of lemon juice
Freshly ground black pepper
1 slice (38g) wholemeal sourdough or gluten-free bread

1 Fill a medium saucepan two-thirds full with water. Stir in the vinegar. Bring to the boil over high heat. Once boiling, reduce the heat so the water is simmering, then use a spoon to swirl the water into a whirlpool. Crack in the egg and cook for 2½ minutes.

2 Meanwhile, mash the avocado, feta, chilli flakes and lemon juice in a small bowl. Season well with pepper.

3 Toast the bread. Pile the avocado and feta on the toast, then put the poached egg on top. Serve.

NUTRITION INFO

PER SERVE 1280kJ (306Cal), protein 19g, total fat 16g (sat. fat 5g), carbs 18g, fibre 5g, sodium 554mg • Carb exchanges 1 • GI estimate low • Gluten-free option • Lower carb



GF LC

**FETA & SEMI-DRIED
TOMATO OMELETTE****PREP 5 MINS COOK 5 MINS**
SERVES 1 (AS A LIGHT MEAL)

1 tsp olive oil
2 x 60g eggs, lightly whisked
5 semi-dried tomatoes, roughly
chopped
25g reduced-fat feta, crumbled
1 cup mixed salad leaves, to serve

1 Heat the oil in a small non-stick frying pan over medium heat. Add the eggs and cook, swirling the eggs with a fork as they set, for about 3 minutes.

2 When the omelette is still slightly runny in the middle, scatter over the tomatoes and feta, then fold the omelette in half. Cook for 1 minute more before sliding it onto a plate. Serve with the salad leaves.

NUTRITION INFO

PER SERVE 1360kJ (325Cal),
protein 23g, **total fat** 23g (sat. fat
6g), **carbs** 7g, **fibre** 4g, **sodium**
518mg • **Carb exchanges** ½
• **GI estimate** low • **Gluten free**
• **Lower carb**



Canned tuna might not seem exciting, but it's
nutritious, delicious, and something that most
people have sitting in their pantry

FROM
THE
CAN

FRESH FISH



HOW OUR
FOOD WORKS
FOR YOU
see page 90

Pesto, cannellini bean & tuna jackets, Recipe page 58



5 HEALTHY BENEFITS OF TUNA

1

An affordable source of high-quality protein

2

Useful source of the amino acid taurine – studies suggest this may help protect against heart disease

3

Tuna, when canned in water, is low in fat, with just 1g fat in an 100g edible portion

4

Canned tuna (in water) is also low in kilojoules, but high in protein, which makes you feel fuller, making it a useful inclusion in a weight-loss diet

5

Both fresh and canned varieties of tuna are a useful source of vitamins and minerals, such as B vitamins, especially niacin (B3), which supports the nervous system and skin. Canned tuna is also a good source of calcium which supports healthy bones and muscle contractions; magnesium, required for energy; and vitamin D, which supports the immune system and may contribute to bone strength and brain function

GFO LC

CHARRED VEG & TUNA NIÇOISE WITH CREAMY YOGHURT DRESSING

PREP 10 MINS COOK 15 MINS

SERVES 2 (AS A MAIN)

150g green beans, trimmed
6 green shallots, trimmed
2 tsp olive oil
150g cherry tomatoes, halved
Freshly ground black pepper
1 tbsp fat-free natural yoghurt
1 tsp mustard powder or gluten-free mustard powder
1 tsp red wine vinegar
Freshly ground black pepper
2 Little Gem lettuce, leaves separated
185g can tuna in spring water, drained
4 pitted black olives, sliced
2 x 60g eggs, softly boiled and halved (see Cook's tip)

- 1 Preheat grill on high. Line a baking tray with baking paper.
- 2 Bring a small saucepan of water to the boil over high heat. Add beans and shallots and cook for 2 minutes. Drain and rinse under cold water. Dry well with a clean tea towel.
- 3 Put the beans and shallots in a small bowl and toss with 1 teaspoon of the oil. Transfer to the lined tray. Place the tomatoes, cut-side up on the baking tray. Season with pepper. Grill for 10 minutes or until the tomatoes start to soften and char. Set aside to cool slightly.
- 4 Meanwhile, put the yoghurt, mustard powder, vinegar and remaining oil in a small bowl. Season with pepper. Whisk until well combined.
- 5 Arrange the lettuce leaves, tuna, olives and eggs in shallow bowls or on plates. Pile on the green shallots, green beans and tomatoes. Drizzle over the dressing and serve.

NUTRITION INFO

PER SERVE 1220kJ (292Cal), **protein** 33g, **total fat** 13g (sat. fat 3g), **carbs** 8g, **fibre** 6g, **sodium** 573mg • **Carb exchanges** ½
• **GI estimate** low • **Gluten free** • **Lower carb**

COOK'S TIP

To boil the eggs, simply bring a small saucepan of water to the boil over high heat. Add the eggs and reduce to medium heat (a simmer). Cook for 5 minutes for a softly boiled egg or 7 minutes if you prefer it a little firmer.



Charred veg & tuna
niçoise with creamy
yoghurt dressing
Recipe, opposite

seafood

Lemon spaghetti
with tuna & broccoli
Recipe, page 58



You can transform the humble can of tuna into an impressive range of dishes. Keep a few in the pantry, they will last for months, if not years



GFO

SPINACH & TUNA PANCAKES

PREP 10 MINS COOK 15 MINS

SERVES 2 (AS A MAIN)

2 tsp olive oil
2 cloves garlic, chopped
250g baby spinach leaves
1 tbsp passata
95g can tuna in spring water, drained
200g cottage cheese
2 x 60g eggs
4 tbsp plain wholemeal flour
or gluten-free flour
2 tbsp water

SALAD

125g can no-added-salt corn
kernels, rinsed and drained
1 small red onion, finely chopped
6 cherry tomatoes, quartered
10 basil leaves, chopped
4 pitted Kalamata olives, sliced
2 tsp balsamic vinegar

1 To make the salad, combine all the ingredients in a bowl. Cover and set aside.

2 Heat 1 tsp of the oil in a large non-stick frying pan over medium heat. Add the garlic and cook, stirring, for 1 minute. Stir in the spinach and cook, stirring, for 1-2 minutes or until the spinach wilts. Remove the pan from the heat and stir in the passata, tuna and cottage cheese. Cover to keep warm.

3 Put the eggs, flour and water in a small bowl. Whisk until well combined. Heat the remaining oil in a medium non-stick frying pan over medium heat. Add half the batter and swirl around the pan to coat the base. Cook for 1-2 minutes or until set. Use a palette knife to flip over and continue to cook on the other side for 1 minute. Transfer to a plate and repeat with the remaining batter.

4 Divide the pancakes between serving plates. Spoon the filling down one side, roll up and cut in half. Serve with salad.



NUTRITION INFO

PER SERVE 2070kJ (495Cal), **protein** 43g, **total fat** 18g (sat. fat 4g), **carbs** 32g, **fibre** 11g, **sodium** 668mg • **Carb exchanges** 2 • **GI estimate** medium
• **Gluten-free option**

GFO

PESTO, CANNELLINI BEAN & TUNA JACKETS

PREP 5 MINS **COOK** 40 MINS

SERVES 2 (AS A MAIN)

2 (200g each) orange sweet potato
 ½ x 400g can rinsed and drained no-added-salt cannellini beans
 2 tbsp basil pesto or gluten-free pesto
 2 tbsp light cream cheese
 95g can tuna in spring water, drained
 ½ red onion, finely chopped
 Zest of 1 lemon
 Freshly ground black pepper
 1 tbsp pine nuts, toasted
 Small handful basil leaves

1 Preheat oven to 180°C (fan-forced). Line a baking tray with baking paper. Use a skewer to pierce the potatoes a few times. Bake for 40 minutes or until really soft (see Cook's tip).

2 Combine beans, pesto, cream cheese, tuna, red onion and lemon zest in a small bowl. Season with pepper.

3 Split the baked potatoes and stuff with the tuna filling. Top with the pine nuts and basil leaves.

NUTRITION INFO

PER SERVE 2020kJ (483Cal), **protein** 25g, **total fat** 24g (sat. fat 6g), **carbs** 37g, **fibre** 11g, **sodium** 231mg
 • **Carb exchanges** 2½ • **GI estimate** low • **Gluten-free option**

COOK'S TIP

Alternatively, place the sweet potato on paper towel. Microwave the potato on High/100% for 7 minutes or until tender.

GFO LCO

LEMON SPAGHETTI WITH TUNA & BROCCOLI

PREP 10 MINS **COOK** 10 MINS

SERVES 4 (AS A MAIN)

350g dried spaghetti or gluten-free pasta
 250g broccoli, cut into small florets
 2 green shallots, finely chopped
 85g (½ cup) green olives, pitted, halved
 2 tbsp drained capers
 185g can tuna in olive oil, undrained
 Zest and juice of 1 lemon
 1 tbsp olive oil
 Freshly ground black pepper

1 Bring a large saucepan of water to the boil over high heat. Add the pasta and cook for 10-12 minutes or until al dente, adding the broccoli for the last 2-3 minutes or until tender.

2 Meanwhile, combine the shallots, olives, capers, tuna and lemon zest and juice in a large serving bowl.

3 Drain the pasta and broccoli and add to the bowl with the oil. Season with pepper. Toss well to combine.

NUTRITION INFO

PER SERVE 1800kJ (431Cal), **protein** 25g, **total fat** 12g (sat. fat 2g), **carbs** 52g, **fibre** 6g, **sodium** 662mg • **Carb exchanges** 3½ • **GI estimate** low • **Gluten-free option**

LOWER-CARB OPTION

Replace the pasta with 400g Slendier Edamame Fettuccine, prepared following packet instructions.

PER SERVE 1190kJ (285Cal), **protein** 30g, **total fat** 14g (sat. fat 3g), **carbs** 5g, **fibre** 11g, **sodium** 664mg • **Carb exchanges** ½ • **GI estimate** low • **Gluten free** • **Lower carb**

GF LC

TUNA, ASPARAGUS & WHITE BEAN SALAD**PREP** 10 MINS **COOK** 5 MINS**SERVES** 4 (AS A LIGHT MEAL)

2 bunches asparagus, woody ends trimmed
1 x 425g can tuna in spring water, drained
2 x 425 cans no-added-salt cannellini beans, drained and rinsed
1 red onion, very finely chopped
2 tbsp capers
1 tbsp olive oil
1 tbsp red wine vinegar
2 tbsp finely chopped tarragon

1 Bring a large saucepan of water to the boil over high heat. Add the asparagus and cook for 2-3 minutes or until tender. Drain well and run under cold running water. Drain well. Cut into 5-6cm lengths.

2 Put the asparagus, tuna, beans, onion and capers in a large bowl. Toss to combine.

3 Whisk the oil, vinegar and tarragon in a bowl. Pour over the salad and toss to combine. Place in the fridge and chill until ready to serve.

NUTRITION INFO

PER SERVE 1230kJ (294Cal), **protein** 36g, **total fat** 7g (sat. fat 1g), **carbs** 17g, **fibre** 11g, **sodium** 538mg
• Carb exchanges 1 • GI estimate low • **Gluten free**
• **Lower carb**



WINNER, WINNER

Our herbs and spices aren't secret, but this glazed chicken dinner is still finger lickin' good!

GF LC

CHARGRILLED SMOKY TOMATO CHICKEN

PREP 15 MINS **COOK** 20 MINS
SERVES 4 (AS A MAIN)

4 (about 150g each) skinless
chicken breast fillets, trimmed
of fat

125ml (½ cup) passata

1 medjool date, pitted

2 cloves garlic

1 tbsp balsamic vinegar

1 tsp smoked paprika

½ tsp mustard powder

1 tsp olive oil

4 x 100g Zerella Spud Lite
Potatoes, baked, to serve
(see Cook's tip)

SALAD

2 avocados, cut into wedges

Juice of ½ lemon

1 punnet cherry tomatoes,
halved or sliced

1 large yellow
capsicum, deseeded and
finely chopped

1 red onion, finely chopped

½ bunch coriander leaves,
roughly chopped

1 Put the chicken fillets in a
resealable plastic bag or between
two pieces of baking paper. Use a
rolling pin to bash them lightly
until they are an even thickness

(avoid making them too thin). Put
in a large shallow dish.

2 Pour the passata into a large
bowl. Add the date, garlic,
vinegar, paprika, mustard powder
and oil. Use a handheld blender
to blitz until smooth. Pour over
the chicken, turning it several
times to ensure it's well coated.
Use immediately or cover and
keep in the fridge overnight to
marinate.

3 Preheat a barbecue grill or
chargrill pan on medium-high.
Once hot, add the chicken and
cook for 4 minutes on each
side or until cooked through.
Transfer to a plate, cover loosely
with foil and set aside for 2
minutes to rest.

4 To make the salad, toss all the
ingredients together.

5 To serve, divide the chicken,
salad and potatoes between
serving plates.

NUTRITION INFO

PER SERVE 1770kJ (423Cal),
protein 40g, **total fat** 15g (sat. fat
3g), **carbs** 25g, **fibre** 13g, **sodium**
152mg • **Carb exchanges** 1½
• **GI estimate** medium • **Gluten**
free • **Lower carb**

HOW OUR
FOOD WORKS
FOR YOU
see page 90

COOK'S TIP

To bake the potatoes,
simply prick all over with
a fork and spray with
olive oil cooking spray.
Bake in an air fryer on
180°C for 30-40 minutes
or on a baking tray in
an oven preheated to
190°C (fan-forced) for 45
minutes, or until tender.





STOVETOP **SENSATIONS**

Keep the heat down and your energy costs low with these quick and easy stovetop meals, no oven required!

**HOW OUR
FOOD WORKS
FOR YOU**
see page 90



**Fragrant lemongrass &
coconut chicken stir-fry**
Recipe, page 64



FRAGRANT LEMONGRASS & COCONUT CHICKEN STIR-FRY

PREP 15 MINS **COOK** 15 MINS **SERVES** 2 (AS A MAIN)

1 stalk lemongrass, outer husk removed, finely chopped
3cm piece ginger, peeled and grated
2 cloves garlic, crushed
Juice of 1 lime
2 tsp brown sugar
2 tbsp salt-reduced soy sauce or gluten-free soy sauce
60ml (¼ cup) coconut water
1 small red chilli, finely chopped
1 tbsp olive oil
1 zucchini, chopped
200g skinless chicken breast fillets, trimmed of fat, thinly sliced
200g sugar snap peas, trimmed
20g (¼ cup) desiccated coconut
250g pouch microwavable brown rice, heated following packet directions

1 Combine the lemongrass, ginger, garlic, lime juice, sugar, soy sauce, coconut water and chilli in a small bowl. Set aside.

2 Heat the oil in a wok over high heat. Add the zucchini and chicken and stir-fry for 2-3 minutes or until browned. Stir in the sugar snap peas and coconut and cook for 1-2 minutes, stirring well to ensure the coconut doesn't burn.

3 Pour the lemongrass mixture around the edge of the pan, then stir in to combine. Continue to cook over high heat for 1-2 minutes or until the chicken is cooked through, and the sauce reduces.

4 Serve the coconut chicken stir-fry with the rice.

NUTRITION INFO

PER SERVE 2340kJ (560Cal), **protein** 34g, **total fat** 21g (sat. fat 8g), **carbs** 52g, **fibre** 9g, **sodium** 810mg
• **Carb exchanges** 3½ • **GI estimate** medium
• **Gluten-free option**

LOWER-CARB OPTION

Replace the brown rice with 250g (2 cups) broccoli and cauliflower rice, prepared following packet instructions.

PER SERVE 1560kJ (373Cal), **protein** 31g, **total fat** 19g (sat. fat 8g), **carbs** 13g, **fibre** 10g, **sodium** 830mg
• **Carb exchanges** 1 • **GI estimate** low • **Gluten-free option** • **Lower carb**

HARISSA FISH WITH BULGUR SALAD

PREP 15 MINS **COOK** 20 MINS **SERVES** 2 (AS A MAIN)

90g (½ cup) bulgur (cracked wheat)
1 Lebanese cucumber, deseeded and finely chopped
100g cherry tomatoes, quartered
50g (¼ cup) green olives, pitted, chopped
Small handful flat-leaf parsley, finely chopped
Freshly ground black pepper
2 tsp harissa paste
2 tsp honey
1 clove garlic, crushed
Juice of ½ lemon
1 tbsp water
1½ tbsp olive oil
½ red onion, thinly sliced
2 x 120g skinless and boneless white fish fillets

1 Cook the bulgur following pack instructions, then rinse and drain well before tipping into a large bowl.

2 Add the cucumber, tomatoes, olives and most of the parsley to the bulgur. Season well with pepper. Combine the harissa, honey, garlic, lemon juice, water and half the oil in a bowl. Set aside.

3 Heat the remaining oil in a medium non-stick frying pan over medium heat. Add the onion and cook, stirring occasionally, for 4-5 minutes or until the onion softens and is lightly browned. Transfer to a bowl, cover with foil and set aside to keep warm.

4 Season the fish with pepper and add to the pan. Cook for 3 minutes before pouring in the harissa mixture. Turn the fish over and cook for 2-4 minutes more (depending on the thickness of the fish), basting the fish in the pan juices until cooked through – the flesh should be opaque.

5 Divide the bulgur salad between two serving plates. Top with the fish and fried onions. Drizzle over any remaining pan juices and sprinkle over the remaining parsley to serve.

NUTRITION INFO

PER SERVE 2150kJ (514Cal), **protein** 31g, **total fat** 23g (sat. fat 4g), **carbs** 41g, **fibre** 8g, **sodium** 613mg • **Carb exchanges** 2½ • **GI estimate** low

Harissa fish with bulgur salad
Recipe, opposite



**Cajun prawn & charred
corn salad**

Recipe, page 68



From stovetop to table in around half an hour, these fresh and flavourful meals are just begging to be eaten outside, while the warm weather lasts



Lemon & green bean pasta
Recipe, page 68

GFO LCO

LEMON & GREEN BEAN PASTA

PREP 10 MINS **COOK** 15 MINS **SERVES** 4 (AS A MAIN)

2 lemons
 300g dried wholemeal spaghetti or gluten-free spaghetti
 300g green beans, trimmed
 1 tbsp light margarine
 4 cloves garlic, finely chopped
 40g (½ cup) finely grated parmesan
 Small handful basil, finely chopped
 Freshly ground black pepper

1 Use a vegetable peeler to peel the zest of 1 lemon into long strips. Put into a medium saucepan. Zest the remaining lemon. Juice both lemons, then set the juice aside and put the squeezed lemon halves into the pan with the zest. Add the pasta along with freshly boiled water from the kettle. Bring the water to boil over high heat. Reduce heat to medium-high and cook following packet directions, adding the green beans for the last 2-3 minutes. Drain the pasta and green beans, reserving a mugful of cooking water. Discard the lemon zest and juiced halves.

2 Meanwhile, melt the margarine in a large non-stick frying pan over low heat. Add the garlic and most of the fine lemon zest. Cook, stirring, for 3-4 minutes or until fragrant. Tip in the drained pasta and beans, along with a splash each of the reserved cooking water and lemon juice, the parmesan and most of the basil. Cook, stirring, over low heat, adding another splash of the cooking water to bring the sauce together, if needed. Season with pepper and the remaining lemon juice to taste. Sprinkle over the remaining lemon zest and basil.

NUTRITION INFO

PER SERVE 1430kJ (342Cal), **protein** 15g, **total fat** 7g (sat. fat 3g), **carbs** 49g, **fibre** 11g, **sodium** 157mg
 • Carb exchanges 3½ • GI estimate low
 • Gluten-free option

LOWER-CARB OPTION

Replace the pasta with 400g Slender soy bean fettuccine, prepared following packet instructions.

PER SERVE 856kJ (205Cal), **protein** 20g, **total fat** 8g (sat. fat 4g), **carbs** 7g, **fibre** 12g, **sodium** 155mg
 • Carb exchanges 1 • GI estimate low • Gluten free
 • Lower carb

GFO

CAJUN PRAWN & CHARRED CORN SALAD

PREP 20 MINS **COOK** 10 MINS **SERVES** 2 (AS A MAIN)

2 small (290g) corn cobs, husk and silk removed, kernels cut off the cob
 150g raw king prawns, peeled and deveined
 2 tsp Cajun spice blend or gluten-free Cajun spice blend
 Freshly ground black pepper

1½ tbsp olive oil
 Juice of 1 lime
 1 tsp honey
 1 green chilli, finely chopped
 1 red capsicum, finely chopped
 1 small avocado, finely chopped
 3 green shallots, finely chopped
 Small handful of coriander, finely chopped
 1 small cos lettuce, chopped

1 Heat a medium, dry, non-stick frying pan over medium-high heat. Add the corn and cook for 2-3 minutes without stirring, then shake the pan and continue to cook for 5 minutes or until the kernels have browned. Tip onto a plate and leave to cool slightly.

2 Combine the prawns, Cajun spice blend and freshly ground black pepper in a small bowl. Heat half the oil in the frying pan over medium-high heat. Add the prawns and cook, stirring often, for 2-4 minutes, stirring until pink and cooked through. Transfer to the plate with the corn.

3 Combine the lime juice, honey, remaining oil and chopped chilli in a large bowl. Season with pepper. Add the red capsicum, avocado, green shallots, coriander and lettuce. Toss to combine. Stir in the corn and prawns. Serve.

NUTRITION INFO

PER SERVE 1840kJ (440Cal), **protein** 18g, **total fat** 24g (sat. fat 4g), **carbs** 30g, **fibre** 15g, **sodium** 906mg • Carb exchanges 2 • GI estimate low • Gluten-free option

GFO

TOMATO & OREGANO FRITTERS

PREP 15 MINS **COOK** 20 MINS
SERVES 3 (AS A LIGHT MEAL)

500g ripe tomatoes, finely chopped
50g reduced-fat feta, crumbled
Small handful of oregano, leaves picked and finely chopped
½ red onion, finely chopped
150g (1 cup) plain flour or gluten-free plain flour
1 tsp baking powder or gluten-free baking powder
Freshly ground black pepper
Small handful of dill, finely chopped
70g (⅓ cup) reduced-fat Greek natural yoghurt
1 cup mixed salad leaves

1 Put the tomatoes, feta, oregano, onion, flour and baking powder into a large bowl. Season with pepper. Stir well to combine.

2 Spray a large non-stick frying pan with cooking spray. Heat over medium-high heat. Drop heaped spoonfuls of the mixture into the pan. Flatten slightly with a spatula or the back of a spoon and reduce heat to medium. Cook for 4-5 minutes on each side until golden and cooked through. Transfer to a plate and cover loosely with foil to keep warm. Repeat with cooking spray and batter.

3 Combine the dill and yoghurt in a small bowl. Season with pepper.

4 Serve the fritters with the green salad and the dill yoghurt. Scatter over the remaining dill.

NUTRITION INFO

PER SERVE 1350kJ (323Cal),
protein 14g, **total fat** 6g (sat. fat 2g), **carbs** 48g, **fibre** 9g,
sodium 331mg • **Carb exchanges** 3 • **GI estimate** high
• **Gluten-free option**



LET'S DO **LUNCH**

Say goodbye to dry, boring sandwiches! These healthy and delicious lunchbox ideas are perfect to take to work or school, or as a make-ahead option to grab from the fridge at home.



GFO

FALAFEL LUNCHBOX

PREP 10 MINS

SERVES 3 (AS A LUNCH)

200g cooked quinoa

Handful baby spinach leaves

1 Lebanese cucumber, chopped

100g cherry tomatoes, halved

2 carrots, grated

1 pomegranate, seeds removed

6 olives

12 bought falafel or gluten-free falafels

3 tbsp hummus

½ lemon, cut into 3 wedges

1 Divide the quinoa between the lunchboxes. Top each one with the vegetables, falafel and a spoonful of hummus or divide the ingredients between the compartments of a bento-style lunchbox. Put a lemon in each box for squeezing over just before eating.

NUTRITIONAL INFO

PER SERVE 1510kJ (361Cal), **protein** 11g, **total fat** 14g (sat. fat 2g), **carbs** 38g, **fibre** 18g, **sodium** 643mg • **Carb exchanges** 2½ • **GI estimate** low • **Gluten-free option**





GFO

BLT PASTA SALAD

PREP 10 MINS **COOK** 15 MINS
SERVES 1 (AS A LIGHT MEAL)

40g dried pasta bows or gluten-free pasta bows
2 cooked crispy lean bacon rashers, broken into pieces
½ cup baby spinach leaves, chopped
6 cherry tomatoes, halved
½ tbsp light cream cheese
¼ tsp wholegrain mustard or gluten-free mustard
Freshly ground black pepper

1 Cook the pasta in a small saucepan of boiling water

following packet instructions until al dente. Run under cold running water to cool quickly.

2 Add the bacon, spinach, tomatoes, cream cheese and mustard to the pasta. Season with pepper. Spoon into an airtight container and keep overnight in the fridge.

NUTRITIONAL INFO

PER SERVE 1170kJ (280Cal), **protein** 21g, **total fat** 8g (sat. fat 4g), **carbs** 28g, **fibre** 2g, **sodium** 1100mg • **Carb exchanges** 2 • **GI estimate** low • **Gluten-free option**

GFO

LCO

SUPER SALAD WRAPS

PREP 5 MINS
SERVES 1 (AS A LIGHT MEAL)

1 tortilla or gluten-free tortilla
1 tbsp hummus
1 lettuce leaf
¼ carrot, shredded or grated
4 cucumber sticks
2 slices avocado
1 tbsp fresh tomato salsa or chopped tomatoes
2 tbsp grated reduced-fat cheddar

1 Lay the tortilla out flat on a board. Spread the hummus on the bottom third and put the lettuce on top. Arrange the carrot, cucumber and avocado in a bundle on top of the lettuce and spoon the salsa on top. Sprinkle on the cheese.

2 Fold the bottom of the wrap up just over the filling. Fold the sides in and then roll the wrap the rest of the way up. Cut in half or into pieces. Place straight into a lunchbox or if halved, wrap in wax paper first.

NUTRITIONAL INFO

PER SERVE 1400kJ (335Cal), **protein** 12g, **total fat** 18g (sat. fat 6g), **carbs** 27g, **fibre** 6g, **sodium** 658mg • **Carb exchanges** 2 • **GI estimate** low • **Gluten-free option**

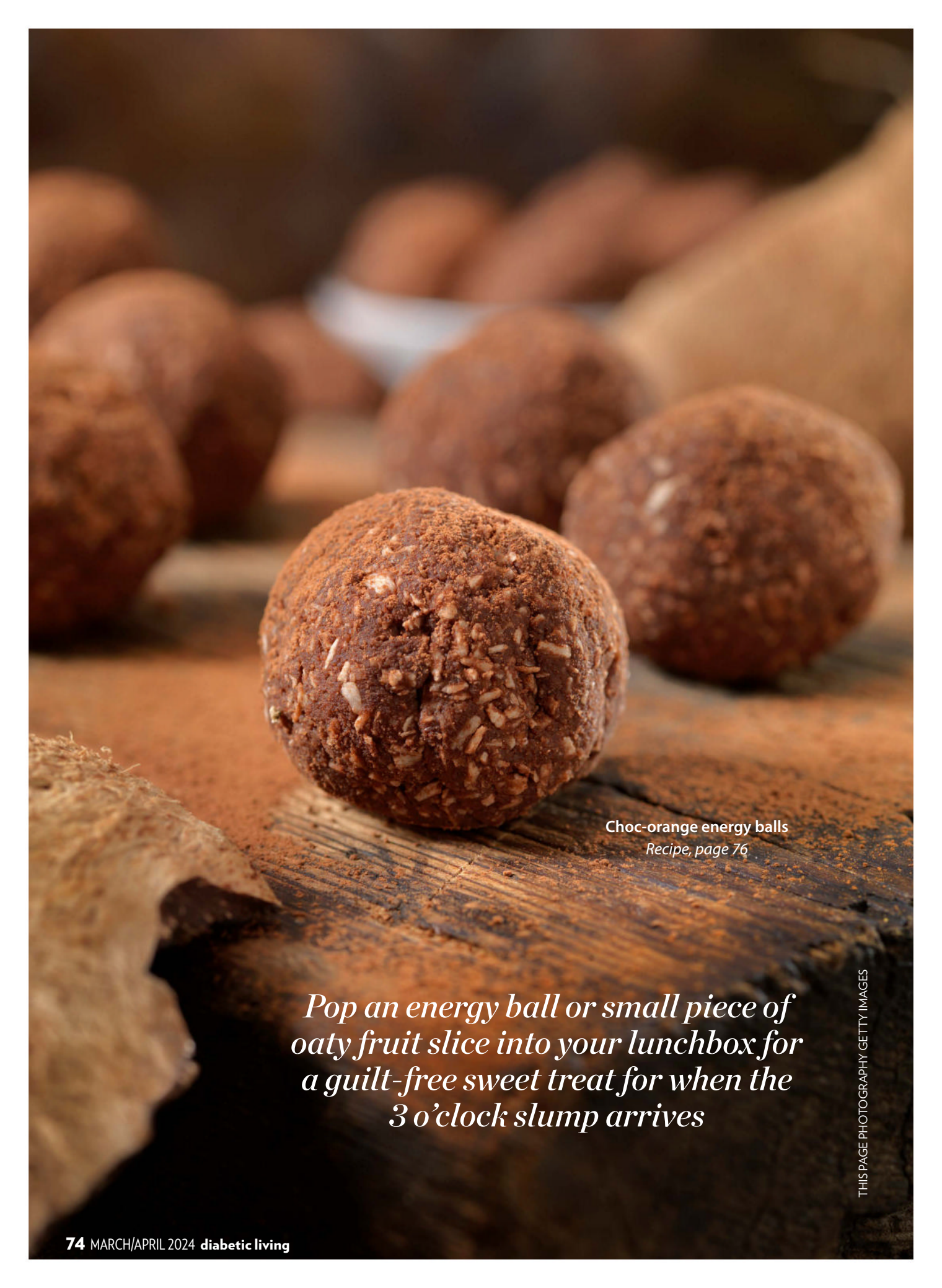
LOWER-CARB OPTION

Replace the tortilla with a low carb wrap, such as Woolworths lower carb wholemeal wrap.

PER SERVE 1350kJ (323Cal), **protein** 18g, **total fat** 16g (sat. fat 5g), **carbs** 14g, **fibre** 16g, **sodium** 651mg • **Carb exchanges** 1 • **GI estimate** low • **Lower carb**

Super salad wraps Recipe, opposite page





Choc-orange energy balls
Recipe, page 76

*Pop an energy ball or small piece of
oaty fruit slice into your lunchbox for
a guilt-free sweet treat for when the
3 o'clock slump arrives*

THIS PAGE PHOTOGRAPHY GETTY IMAGES

OATY FRUIT SLICE

PREP 10 MINS **COOK** 1 HOUR
MAKES 16 PIECES (1 PER SERVE;
 AS A SNACK)

50g light margarine, plus a little extra, for greasing
 2 tbsp no-added-salt or sugar smooth peanut butter
 3 tbsp honey or maple syrup
 2 ripe bananas, mashed
 1 apple, peeled and grated
 100ml hot water
 255g (2¾ cups) rolled oats
 85g (½ cup) dried apricots, chopped
 95g (½ cup) raisins
 75g (½ cup) mixed seeds (we used pumpkin and sunflower)

1 Preheat oven to 140°C (fan-forced). Grease and line a 20cm square tin with baking paper. Put the margarine, peanut butter and honey in a small saucepan. Cook, stirring, over medium heat until melted and mixture is well combined. Add the mashed banana, apple and hot water. Mix to combine.

2 Put the oats, apricots, raisins and the seeds into a large bowl. Pour in the banana mixture and stir until everything is coated by the wet mixture.

3 Tip the mixture into the cake tin and smooth the surface. Bake for 55 minutes or until golden. Set aside in the tin to cool. Cut into 16 pieces and store in an airtight container in the fridge.

NUTRITIONAL INFO

PER SERVE 735kJ (176Cal), **protein** 5g, **total fat** 7g (sat. fat 1g), **carbs** 23g, **fibre** 3g, **sodium** 17mg • **Carb exchanges** 1½ • **GI estimate** low

COOK'S TIP

Keep in the fridge for up to 3 days.



lunches



CHOC-ORANGE ENERGY BALLS

PREP 15 MINS **MAKES** 18 (2 PER PERSON; AS A SNACK)

100g pitted medjool dates
105g (¾ cup) pecan nuts
50g (⅓ cup) pumpkin seeds
50g (½ cup) rolled oats
4 tbsp cacao powder or unsweetened cocoa
2 heaped tbsp almond spread
Zest and juice 1 orange

1 Place all the ingredients and 3 tbsp orange juice in a small food processor. Blitz until chopped and starting to clump together. If it's a bit dry, add a drop more orange juice.

2 Use lightly oiled hands to roll the mixture into walnut-sized balls. Pop 2 into a lunchbox for a snack.

NUTRITIONAL INFO

PER SERVE 872kJ (209Cal), **protein** 5g, **total fat** 14g (sat. fat 2g), **carbs** 16g, **fibre** 4g, **sodium** 17mg • **Carb exchanges** 1 • **GI estimate** low

COOK'S TIP

Keeps in an airtight container for 2 weeks in the fridge.

GFO LCO

LUNCHBOX PASTA SALAD

PREP 15 MINS **COOK** 15 MINS
SERVES 4 (AS A LIGHT MEAL)

200g pasta or gluten-free pasta
2 tbsp pesto or gluten-free pesto
1 small zucchini, chopped
50g green beans, chopped
½ cup frozen peas
1 tbsp 97% fat-free mayonnaise or gluten-free mayonnaise
2 tbsp reduced-fat Greek natural yoghurt
Juice of half a lemon
100g cherry tomatoes, quartered
100g cooked and peeled small prawns or 60g salt-reduced ham or gluten-free ham, chopped

1 Cook the pasta in a large saucepan of boiling water for 10-12 minutes or until al dente. Drain and tip into a bowl. Stir in the pesto and set aside to cool.

2 Meanwhile, place the zucchini, beans and peas in a shallow microwave-safe dish. Add 2-3 tablespoons water. Cover and cook on High/100% for 2-3 minutes or until tender. Drain well and set aside to cool.

3 When the pasta is cool, stir through the mayonnaise, yoghurt, lemon juice, zucchini, beans, peas and tomatoes. Spoon into lunchboxes or on to plates and top

with the prawns or ham. Chill until ready to eat if intended for a packed lunch.

NUTRITION INFO

PER SERVE (with prawns) 1180kJ (282Cal), **protein** 15g, **total fat** 6g (sat. fat 1g), **carbs** 40g, **fibre** 4g, **sodium** 395mg • **Carb exchanges** 2½ • **GI estimate** low • **Gluten-free option**

PER SERVE (with ham) 1280kJ (306Cal), **protein** 17g, **total fat** 7g (sat. fat 2g), **carbs** 41g, **fibre** 5g, **sodium** 355mg • **Carb exchanges** 2½ • **GI estimate** low • **Gluten-free option**

LOWER-CARB OPTION

Replace the pasta with 200g Atkins Penne, prepared following packet instructions.

PER SERVE (with prawns) 1150kJ (275Cal), **protein** 34g, **total fat** 6g (sat. fat 1g), **carbs** 17g, **fibre** 9g, **sodium** 418mg • **Carb exchanges** 1 • **GI estimate** low • **Lower carb**

PER SERVE (with ham) 1250kJ (299Cal), **protein** 36g, **total fat** 7g (sat. fat 2g), **carbs** 19g, **fibre** 10g, **sodium** 378mg • **Carb exchanges** 1½ • **GI estimate** low • **Lower carb**

Lunchbox pasta salad *Recipe, opposite page*

FRESH 'N' FRUITY

Is there a more enjoyable way to get your daily servings
of fruit in, than to include them in a dessert?
Dive into these fresh and summery finishes!

**HOW OUR
FOOD WORKS
FOR YOU**
see page 90



THE BIG CHILL

Keep in the freezer for up to 1 month.

GF LC

STRAWBERRY ICE-BLOCKS

PREP 10 MINS (+ 4 HOURS FREEZING)
MAKES 6 (1 PER SERVE; AS A DESSERT)

400g strawberries, hulled and roughly chopped
150g natural yoghurt
2 tbsp caster sugar or granulated sugar substitute

1 Put the strawberries into a blender or food processor. Cover and blend until a smooth puree. Add the yoghurt and blend to combine.

2 Divide the mixture evenly between the holes of a six-hole iceblock mould, they should be filled to the brim. Insert the iceblock sticks and freeze for 4 hours or until solid.

NUTRITION INFO

PER SERVE (with sugar) 272kJ (65Cal), **protein** 2g, **total fat** 1g (sat. fat 1g), **carbs** 12g, **fibre** 2g, **sodium** 15mg • **Carb exchanges** 1 • **GI estimate** low • **Gluten free**

PER SERVE (with sugar substitute) 193kJ (46Cal), **protein** 2g, **total fat** 1g (sat. fat 1g), **carbs** 7g, **fibre** 2g, **sodium** 16mg • **Carb exchanges** ½ • **GI estimate** low • **Gluten free** • **Lower carb**

VARIATIONS

These ice-blocks can be made with other fruits, such as raspberries, bananas, pineapple, mango or a mix – just adjust the amount of sugar to suit the sweetness of the fruit.

Add texture – chop 100g of the strawberries into small chunks and stir these through the pureed mixture before freezing.

Make them vegan – swap the yoghurt for apple or orange juice.



Fruit salad rice
paper rolls
Recipe, page 82



Crêpes with mango & ricotta cream
Recipe, page 84

GF

FRUIT SALAD RICE PAPER ROLLS

PREP 20 MINS SERVES 6 (AS A DESSERT)

- 1 small (300g) mango, flesh removed
- 60ml (¼ cup) fresh lime juice
- 60ml (¼ cup) light coconut milk
- 2 tsp vanilla bean paste
- 12 small (60g) rice paper rounds (see Cook's tip)
- 2 kiwi fruit, peeled, sliced
- 125g strawberries, sliced
- 1 Lebanese cucumber, peeled, seeds removed, cut into matchsticks
- ½ cup mint leaves, plus extra, to serve

1 Coarsely chop a third of the mango flesh. Slice remaining mango into thin batons.

2 To make the mango coconut dipping sauce, blend or process the chopped mango, lime juice, coconut milk and vanilla until the mixture is smooth.

3 Cover a chopping board with a clean, damp tea towel. Place one sheet of rice paper at a time in a bowl of warm water until softened. Place on tea towel. Top rice paper with one-twelfth of the sliced mango, kiwifruit, strawberry, cucumber and mint leaves in a line along the centre of the sheet. Fold bottom half of the rice paper up, then fold in both sides and roll over to enclose the filling.

4 Repeat with the remaining rice paper and filling ingredients to make a total of 12 rolls. Place the rolls on a plastic wrap-lined tray and cover with damp paper towel. Place in the fridge until ready to serve.

5 Serve the rice paper rolls with the mango coconut dipping sauce and sprinkled with extra mint leaves.

NUTRITION INFO

PER SERVE 419kJ (100Cal), **protein** 1g, **total fat** 1g (sat. fat 1g), **carbs** 19g, **fibre** 3g, **sodium** 94mg
• Carb exchanges 1½ • GI estimate low • Gluten free

COOK'S TIP

Be sure to use ripe fruit for this recipe, as they give the best flavour. We used 15cm diameter rice paper rounds here. They are available from major supermarkets and Asian food stores.

NECTARINE & ALMOND TARTE TATIN

PREP 15 MINS COOK 25 MINS

SERVES 2 (AS AN OCCASIONAL DESSERT)

- 1 tsp light margarine
- 1 tbsp water
- 1½ tbsp brown sugar
- 1 vanilla bean, halved lengthways, seeds removed
- 2 (300g) nectarines, halved, seed removed, cut into thin wedges
- 1 tbsp slivered almonds
- 2 sheets filo pastry
- 1 tsp skim milk
- 2 tbsp low-fat plain yoghurt

1 Preheat oven to 200°C (fan-forced).

2 Put the margarine, water, sugar and vanilla bean pod and seeds in a small, non-stick, ovenproof frying pan over medium heat. Cook, stirring, for 1 minute or until the margarine melts and the sugar dissolves.

3 Increase the pan heat to high. Add the nectarines and almonds. Cook, stirring, for 2 minutes or until the liquid thickens slightly. Remove the vanilla pod.

4 Meanwhile, brush each pastry sheet on one side with the milk. Place one pastry sheet on top of the other, brushed-side up. Place the pastry over the nectarines in the pan and carefully tuck pastry in around the edges.

5 Bake for 20 minutes or until the pastry is golden and crisp. Carefully turn onto a plate. Cut in half, serve with the yoghurt.

NUTRITION INFO

PER SERVE 901kJ (216Cal), **protein** 6g, **total fat** 6g (sat. fat 1g), **carbs** 33g, **fibre** 4g, **sodium** 108mg
• Carb exchanges 2 • GI estimate medium

Nectarine &
almond tarte tatin
Recipe, opposite



GFO

CRÊPES WITH MANGO & RICOTTA CREAM

PREP 15 MINS (+ 30 MINS CHILLING)**COOK** 15 MINS **SERVES** 4 (AS A DESSERT)

40g (¼ cup) wholemeal plain flour
or gluten-free flour
1 x 60g egg
80ml (⅓ cup) skim milk
1 small (300g) mango, thinly sliced
1 tbsp coarsely chopped unsalted shelled pistachios
Pinch ground cardamom
½ tsp finely grated lime rind
1 lime, cut into wedges

RICOTTA CREAM

150g fresh reduced-fat ricotta
1½ tsp granulated sugar substitute
½ tsp vanilla bean paste
2 tbsp skim milk

1 Place the flour, egg and milk in a medium bowl. Whisk until smooth. Cover and place in the fridge for 30 minutes.

2 Meanwhile, to make the ricotta cream, place all the ingredients in a medium bowl. Use a handheld blender to blend until well combined and thickened (it should be the consistency of sour cream). Cover and put in the fridge until ready to use.

3 Spray a 16cm heavy-based non-stick frying pan with oil; heat over medium-high heat. Pour a quarter of the batter (about 2 tablespoons) into the pan, swirling pan to make a 16cm diameter crêpe; cook for 1 minute or until golden underneath. Turn crêpe; cook for a further 1 minute or until golden on the other side. Repeat with remaining batter to make three more crêpes.

4 Spoon a quarter of the ricotta cream onto one side of the crêpe; top with a quarter of the mango slices. Fold crêpe over to enclose filling. Repeat with remaining crêpes, ricotta cream and mango.

5 Combine the pistachios, cardamom and lime zest in a small bowl. Sprinkle over the crêpes. Serve with the lime wedges.

NUTRITION INFO

PER SERVE 599kJ (143Cal), **protein** 8g, **total fat** 4g (sat. fat 1g), **carbs** 18g, **fibre** 3g, **sodium** 79mg
• **Carb exchanges** 1 • **GI estimate** low
• **Gluten-free option**

GF

HONEY BUTTERMILK ICE-CREAM WITH FRUIT SALSA

PREP 20 MINS (+ COOLING & FREEZING)**COOK** 10 MINS **SERVES** 10 (AS A DESSERT)

60ml (¼ cup) water
2 tsp powdered gelatine
375ml (1½ cups) low-fat evaporated milk
175g (½ cup) honey
375ml (1½ cups) buttermilk

FRUIT SALSA

1 small (800g) pineapple, skin and core removed, coarsely chopped
1 large mango, coarsely chopped
3 kiwi fruit, coarsely chopped
250g strawberries, coarsely chopped

1 Place the water in a small heatproof jug. Sprinkle over the gelatine. Stand the jug in small saucepan of simmering water, stirring, until the gelatine dissolves.

2 Meanwhile, place the evaporated milk in a medium saucepan and bring to the boil over medium heat. Remove the pan from the heat. Stir in the honey and gelatine mixture. Transfer the mixture to medium bowl. Set aside to cool to room temperature.

3 Use electric beaters to beat the buttermilk in small bowl until frothy. Transfer to large jug. Use electric beaters to beat the evaporated milk mixture in a large bowl until light and frothy. Gradually beat in the buttermilk until combined.

4 Pour the mixture into 2-litre (8-cup) metal container. Cover tightly with foil and freeze 3 hours or overnight.

5 Use an electric mixer to beat the ice-cream in a large bowl until smooth. Return the ice-cream to the container. Cover and freeze for a further 3 hours or until firm. Alternatively, churn the ice-cream in an ice-cream machine according to manufacturer's instructions.

6 Meanwhile, to make the fruit salsa, combine all the ingredients in a large bowl.

NUTRITION INFO

PER SERVE 746kJ (178Cal), **protein** 6g, **total fat** 2g (sat. fat 1g), **carbs** 33g, **fibre** 3g, **sodium** 71mg • **Carb exchanges** 2 • **GI estimate** low • **Gluten free**

Honey buttermilk ice-cream
with fruit salsa
Recipe, opposite



COOK, eAT, eNJOY

Discover our supermarket favourites, learn kitchen hints, try some quick and easy recipes, all from food editor *Alison Roberts*

TIP OF THE ICEBERG

5 TIPS FOR FREEZER MANAGEMENT

You get out what you put in – freezing won't improve the quality of your produce. Don't freeze old food because the point of freezing is to keep it at its prime

Freeze food in realistic portions

Cool before you freeze – hot food increases the temperature of the freezer, which will use up more electricity and could cause other foods to start defrosting

A full freezer is more economical to run – this is because the cold air doesn't need to circulate as much so less power is needed.

If there is a power cut or you think the freezer has been turned off at some point, don't open the door. Foods should remain frozen in the freezer for about 24 hours, leaving you time to get to the bottom of the problem.





SECOND DESSERT

GF

Cut 1 banana in half lengthways and then in half crossways. Place two pieces on each serving plate. Add 4 hulled and halved strawberries to each plate. Drizzle 1 tbsp Natvia Chocolate Topping over each. Top each with 2 tbsp low-fat vanilla yoghurt.

Serves 2.

PER SERVE 410kJ (98Cal), **protein** 3g, **total fat** 1g (sat. fat 0g), **carbs** 18g, **fibre** 2g, **sodium** 44mg
 • **Carb exchanges** 1
 • **GI estimate** low
 • **Gluten free**

SUPERMARKET CRUSH

Herman Brot breads

Looking to reduce your carbs and increase your protein without saying goodbye to your morning toast or lunchtime sandwich? Herman Brot's Lower Carb Bread, Complete Protein Bread and Sourdough Bread may be a good option for you! Each product contains less than 3g of carbs and at least 8g of protein per slice. Available nationally in Coles and at COSTCO, Harris Farm, selected independent supermarkets, health food stores and online.

RRP \$6.90 for Lower Carb Bread, \$7 for Complete Protein Bread and \$7.40 for Lower Carb Sourdough. For more info on each product and the full product range visit www.hermanbrot.com.au



Grumpy Bums

Grumpy Bums are easy, bake at home products with no added sugar, sweeteners or refined sugars, incorporating real ingredients and the natural sweetness of fruit. Three flavours of mini muffin mix are available – apple & cinnamon, banana bread & strawberry yoghurt, as well as a banana muesli cookie mix. Perfect for parents seeking healthy, no-sugar foods to meet their children's breakfast, snacking and lunchbox needs, Grumpy Bums also caters to a range of dietary restrictions. Available online through Woolworths, Healthy Life, Nourishing Bubs and the Grumpy Bums website, as well as in store at selected IGA SuperMarts. **RRP**

\$14.50 per box or bundle prices available.

QUICK & EASY SNACK IDEAS

GF LC

CREAMED CORN & CHICKEN SOUP

Put 125g can creamed corn, 80ml (1/3 cup) water, 75g (1/2 cup) cooked and shredded skinless and boneless chicken in a small saucepan. Stir over medium heat until warm. Ladle soup into serving bowls and sprinkle over chives and freshly ground black pepper. **Serves 2.**
PER SERVE 447kJ (107Cal), **protein** 11g, **total fat** 2g (sat. fat 1g), **carbs** 10g, **fibre** 1g, **sodium** 202mg • **Carb exchanges** 1/2 • **GI estimate** low • **Gluten free** • **Lower carb**

LC

CREAM CHEESE & CUCUMBER CRISPBREADS

Spread 2 Ryvita Crispbreads with 1 tbsp light cream cheese. Top with 1/2 small Lebanese cucumber, peeled into ribbons, 1/2 small sliced tomato and a small handful trimmed snow pea sprouts. Sprinkle with freshly ground black pepper. **Serves 1.**
PER SERVE 590kJ (141Cal), **protein** 5g, **total fat** 5g (sat. fat 3g), **carbs** 16g, **fibre** 4g, **sodium** 133mg • **Carb exchanges** 1 • **GI estimate** medium • **Lower carb**

GF LC

BEAN & TOMATO SALAD

Combine 130g can rinsed and drained four bean mix, 6 chopped cherry tomatoes, 1/4 cup alfalfa sprouts, 1/4 cup roughly chopped coriander leaves, squeeze fresh lemon or lime juice and freshly ground black pepper in a small bowl. **Serves 1.**
PER SERVE 316kJ (76Cal), **protein** 6g, **total fat** 1g (sat. fat 1g), **carbs** 11g, **fibre** 7g, **sodium** 252mg • **Carb exchanges** 1/2 • **GI estimate** low • **Gluten free** • **Lower carb**

Plan your week,

Wondering what to eat this week? Try these delicious meal ideas



	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
H ₂ O	Start each day with a glass of water. You should have 6-10 glasses a day,			
Breakfast	2 poached eggs and sautéed mushrooms served on a slice of soy linseed bread	1 cup fruit salad + ¾ cup low-fat Greek yoghurt + 2 tbsp crushed walnuts	2 Weetbix with skim milk and sliced strawberries	½ cup ricotta spread on wholemeal sourdough, topped with 5 sliced strawberries & ½ tsp honey
Snack	1 piece of fresh fruit	2 fresh dates	170g tub Chobani yoghurt	3 tbsp unsalted nuts
Lunch	Silverbeet spanakopita (p 28)	Super salad wraps (p 72)	BLT pasta salad (p 72)	Falafel lunchbox (p 71)
Optional snack	170g tub Chobani yoghurt	Oaty fruit slice (p 75)	3 tbsp unsalted nuts	Choc-orange energy balls (p 76)
Dinner	Salmon with beetroot, feta & lime salsa (p 50) <i>pictured</i>	Green gazpacho (p 18)	Tomato & black bean taco salad (p 18) <i>pictured</i>	Caprese chicken sandwiches (p 16) <i>pictured</i>
Alcohol	If you choose to drink, stick to 1-2 standard drinks per day. It's also a good idea to			
Optional dessert	60 second dessert (p 87)	Avocado, kiwi & lime ice blocks (p 30) <i>pictured</i>	1 piece of fresh fruit	Strawberry ice-blocks (p 79)
Exercise	Aim for 20-60 minutes of moderate exercise each day.			

it's easy!

THURSDAY	FRIDAY	SATURDAY
		
depending on your exercise levels.		
½ cup baked beans on a slice of soy linseed toast	1 cup fruit salad + ¾ cup low-fat Greek yoghurt + 2 tbsp crushed walnuts	½ cup natural muesli + ¾ cup low-fat Greek yoghurt + ½ cup blueberries
1 piece of fresh fruit	1 apple + 2 tsp light peanut butter	3 tbsp unsalted nuts
Lunchbox pasta salad (p 76) <i>pictured</i>	Chickpea & herb rice (p 42)	Feta & semi-dried tomato omelette (p 51)
40g reduced-fat cheese on a corn thin	Cucumber soup (p 25)	1 piece of fresh fruit
Ponzu tofu poke bowl (p 17)	Tuna, zucchini & chilli chickpeas (p 19) <i>pictured</i>	Harissa lamb-stuffed zucchini (p 28)
have a couple of alcohol-free days a week.		
1 cup fresh fruit salad	1 cup skim milk	Crepes with mango & ricotta cream (p 84) <i>pictured</i>
Always discuss your exercise plans with your doctor first.		

5 FOODS FOR LOWERING CHOLESTEROL



OILY FISH – oily fish, like salmon, mackerel, tuna, sardines and herring, are excellent sources of omega-3 fatty acids, a type of polyunsaturated fat that has been shown to lower triglycerides and increase your “healthy” HDL cholesterol. Aim to eat oily fish at least twice a week, if not more.

NUTS AND SEEDS – both high in mono and polyunsaturated fats, as well as fibre. These fats can lower the “unhealthy” LDL cholesterol levels. Research suggests 30g unsalted walnuts a day may lower cholesterol by 10%.

OATS AND WHOLE GRAINS – whole grains such as oats, barley, brown rice and quinoa are rich in soluble fibre, which helps to reduce LDL cholesterol levels.

FRUIT AND VEGETABLES – both rich in antioxidants, vitamins and soluble fibre, contributing multiple heart health and cholesterol-lowering benefits. Aim to eat 2 serves of fruit and 5 serves of vegetables each day.

PLANT STEROLS – now found as part of fortified products, including margarines, cereals and breads. Plant sterols can help lower LDL cholesterol by reducing the absorption in the intestines. Be sure to first check with your health care team and follow on packet instructions to ensure you are eating the correct dose.

Our food explained

Every recipe in *Diabetic Living* is carefully created to help you enjoy a healthy, balanced diet

Our Nutritional info boxes sit alongside each recipe. Use them to track your nutritional requirements, as well as count carbs, carb exchanges and find out whether a recipe is low-, medium- or high-GI, or gluten-free. Easy!

Serves 2 (as a main)

We show you whether a food is designed to be a between-meals snack, breakfast, lunch (a lighter main) or dinner (the main meal of the day). When we say, "as an occasional dish", it should only be eaten as a treat, such as once a fortnight.

Brand names

We often use product names to make it easier to find nutritionally suitable brands when shopping.

Sugar or sugar substitute

In some dishes, you can use either sugar or a sugar substitute. In these cases, we give you the nutrition analysis for both.

Granulated sugar substitute

Most sugar substitutes on the market measure spoon for spoon, rather than weight. For example, if the recipe uses 220g (1 cup) of sugar, you would replace this with 1 cup of granulated sugar substitute.

Microwave
cheat's paella
Recipe, page 33

NUTRITION INFO

PER SERVE 2230kJ (533Cal),
protein 30g, total fat 18g
(sat. fat 5g), carbs 60g,
fibre 5g, sodium 900mg
• Carb exchanges 4
• GI estimate high
• Gluten-free option

Optional ingredients

Whenever we list an ingredient as optional, it isn't included in the nutrition analysis and it's up to you if you want to use it.

Choice of ingredients

When we give you the choice of two different ingredients, we analyse only the first one.

Carb exchanges

Using exchanges makes counting carbs easier: one exchange = 15g of carbs. Aim for 1-2 exchanges in every snack and 1-4 exchanges in each meal.

Lower-carb option

When possible we will provide an ingredient substitution from the main recipe to reduce the carbs to less than 2 carb exchanges for a main or light meal and less than 1 carb exchange for a snack or dessert. Nutrition information for this variation will be included, but please note the finished product will vary slightly from what is presented in the recipe picture. ■



CUT OUT & KEEP

YOUR DAILY ALLOWANCE GUIDE

With this guide, you can create the perfect eating plan for your needs

To maintain your weight*

Kilojoules 8700kJ
Protein 80g
Total fat 70g
Saturated fat 24g
Carbs 270g
Fibre 30g
Sodium Less than 2000mg

To lose weight*

Kilojoules 6000kJ
Protein 65g
Total fat 45g
Saturated fat 15g
Carbs 180g
Fibre 30g
Sodium Less than 2000mg

living well

MOTIVATION ♦ EXPERT ADVICE ♦ INSPIRATION



*“Life is from the inside out.
When you shift on the inside,
life shifts on the outside.”*

Kamal Ravikant, author

PHOTOGRAPHY GETTY IMAGES



DIABETES AND **COELIAC DISEASE**

Coeliac disease is more common in people with type 1 diabetes, and while not associated with type 2 diabetes, it can still develop in some people living with type 2. DL Magazine dietitian and diabetes educator, Dr Kate Marsh, explains what coeliac disease is, why it is more common in those with type 1, and how it can be managed alongside diabetes.

What is coeliac disease?

Coeliac disease is a lifelong autoimmune condition. It occurs when the immune system reacts abnormally to gluten, causing damage to the lining of the small intestine. Gluten is the protein found in grains including wheat, rye, barley, triticale and oats (although some people may still be able to eat oats). When the intestinal lining is damaged, this prevents nutrients from being properly absorbed, which can cause nutrient deficiencies, digestive symptoms, weight loss and fatigue.

What is the link between coeliac disease and type 1 diabetes?

Coeliac disease and type 1 diabetes are both autoimmune conditions, and have similar genetic profiles. For this reason, coeliac disease occurs more commonly in individuals with type 1 compared to the general population. Research shows that around 4.5% of individuals with type 1 diabetes have coeliac disease, compared to 0.5-1.0% of the general population. Those diagnosed with diabetes before 5 years of age have the

greatest chance of developing coeliac disease.

Because of this increased risk, it is recommended that children and adolescents with type 1 diabetes are screened for coeliac disease within the first year of being diagnosed with diabetes, and then every 2-5-years. However, if they develop symptoms or have a first-degree relative with coeliac disease, they need to be screened earlier. For adults, Australian guidelines recommend screening at diagnosis (or later if they haven't previously been screened) and if they develop signs or symptoms suggestive of coeliac disease.

What are the symptoms of **COELIAC DISEASE?**

The symptoms of coeliac disease vary widely and while some people have all or many of these symptoms, others may only have a few or none at all.

Typical symptoms include:

- digestive symptoms including wind, bloating, stomach pain or cramps, nausea, vomiting, diarrhoea and constipation
- fatigue, weakness and lethargy
- deficiencies in certain nutrients, including iron, vitamin B12 and vitamin D
- weight loss
- poor weight gain, delayed growth and delayed puberty in children
- recurrent mouth ulcers
- bone and joint pains
- easy bruising of the skin
- irregular menstrual cycles, difficulties falling pregnant and recurrent miscarriage
- osteoporosis (low bone density)

People with diabetes may also experience unexplained high and low blood glucose levels and find it difficult to manage their glucose levels.

However, many people with type 1 diabetes don't have any symptoms and coeliac disease is only detected on routine screening. In fact, a systematic review of the research found that the 85% of individuals with type 1 diabetes didn't report any symptoms of coeliac disease at diagnosis.



How is coeliac disease diagnosed?

If you have symptoms of coeliac disease, it's important to see your doctor to be tested. Don't start a gluten-free diet, as this makes the tests used to diagnose coeliac unreliable.

Initial screening involves a blood test to check for coeliac antibodies. If your antibody levels are above the normal range, this suggests you may have coeliac disease but can't be used alone to diagnose the condition.

If you are found to have positive antibodies, your doctor will refer you to a gastroenterologist (digestive system specialist) who will perform an endoscopy and small bowel biopsy. This is a day surgery procedure and you will be under light sedation. The specialist puts a thin flexible tube down your throat into your small intestine and collects small samples of tissue from your bowel wall. The tissue samples are then examined under a microscope to see whether the lining of the small intestine shows the typical damage seen in coeliac disease, known as villous atrophy (inflammation and flattening of the villi which line the surface of the small intestine).

How is coeliac disease managed?

Coeliac disease is managed with a lifelong, strictly gluten-free diet. When you remove gluten from your diet, the wall of your intestine can heal so that nutrients can be absorbed, symptoms improve and you avoid long-term health problems associated with continued gluten consumption.

A gluten-free diet involves cutting out all foods made from wheat, rye, barley, triticale and oats (although some people may still be able to eat uncontaminated/



gluten-free oats). This includes most regular bread, breakfast cereals, biscuits, crackers, pasta and noodles as well as a range of processed foods which contain small amounts of gluten. These foods can be replaced with gluten-free alternatives and foods naturally free of gluten. Some people find maintaining a strict gluten-free diet challenging, particularly if they don't have symptoms, but avoiding all gluten, even tiny amounts, is important to allow the bowel wall to heal.

What can I eat on a gluten-free diet?

Fortunately, there are still plenty of foods to choose from on a gluten-free diet.

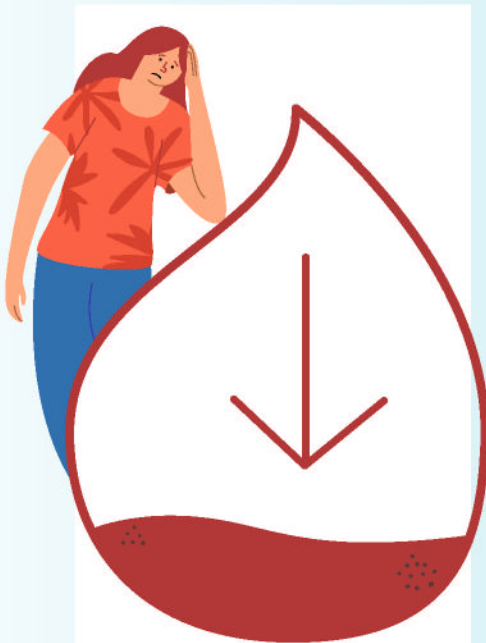
■ **Foods which are naturally gluten-free.** This includes fresh

fruit and vegetables, legumes, nuts and seeds, plain dairy foods, fats and oils, eggs and fresh meat, poultry, fish and seafood. There are also a number of grains that are gluten-free, including rice, quinoa, buckwheat, millet, amaranth, sorghum and teff.

■ **Foods labelled 'gluten-free' and those carrying the Coeliac Australia Endorsement Logo.** These products contain no detectable gluten.



■ **Foods which are gluten-free by ingredient.** Some products are not labelled gluten-free but don't contain any ingredients that contain gluten. If any ingredient in a product is derived from gluten-containing grains, this needs to be declared in the ingredient list. So, if a product hasn't been labelled gluten-free, you can check the list of ingredients to work out if it is suitable or not. Coeliac Australia produces an ingredient list booklet (free with membership) and a smartphone app (available from the AppStore or Google Play) to make this easier. Products with a 'may contain gluten' statement are best avoided, due to possible cross-contamination.



MANAGING HYPOS ON A GLUTEN-FREE DIET

It is important that anyone living with type 1 diabetes and coeliac disease always has access to a suitable gluten-free treatment for hypoglycaemia (low blood glucose levels). Options include glucose tablets, fruit juice, honey, brown rice/rice malt syrup and gluten-free confectionary. However, if they experience a hypo and only gluten containing foods are available, they shouldn't hesitate to eat these. The risks of a hypo outweigh the immediate risks associated with consuming gluten.

The gluten-free diet and diabetes

Combining a gluten-free diet with a healthy eating plan to manage your diabetes is not always easy. A gluten-free diet cuts out many of the recommended carbohydrate choices for people with diabetes, for example, wholegrains such as oats, barley, dense wholegrain breads and wholegrain crackers. And many gluten-free alternatives have a high glycaemic index (GI) including most types of rice, potato, and most brands of gluten-free pasta, bread, cereal and crackers. High GI foods are more quickly digested and absorbed, resulting in a faster rise in blood glucose levels after eating.

This can make managing blood glucose levels more difficult. A small Australian study found that young people with type 1 diabetes and coeliac disease had higher post-meal blood glucose levels than in those without coeliac disease. They also weren't meeting all of their nutritional needs.

Fortunately, there are still plenty of nutritious foods that are free from gluten, including some which have a lower GI, making it possible to keep healthy and stay gluten free.

Recommended gluten-free carbohydrate options for people with diabetes include:

- Fresh fruit, frozen fruit and most canned fruits in natural juice
- Legumes including lentils, chickpeas and dried or canned beans
- Lower GI varieties of rice such as basmati and Doongara, brown rice and wild rice
- Asian rice noodles, buckwheat (soba) noodles and bean thread (mung bean) noodles
- Starchy vegetables including corn, taro and yam, Carisma potato and orange sweet potato
- Grains such as quinoa and buckwheat (in their wholegrain form), teff and amaranth
- Gluten-free muesli, rice bran and porridge made from brown rice, quinoa or buckwheat groats
- Wholemeal or wholegrain gluten-free breads
- Gluten-free pasta made from legumes, brown rice and buckwheat
- Most dairy products including plain milk and yoghurt
- Many soy milks, but these need to be checked for gluten
- Legume flours (e.g. chickpea/besan, lentil, soy or lupin) and almond meal or other nut flours can be used in baking, often combined with other gluten-free flours

A dietitian with expertise in coeliac disease and diabetes can provide individualised dietary advice to help you in adopting a gluten-free diet and ensuring that it is meeting all of your nutritional needs and supporting you in managing your diabetes.

You can search for an Accredited Practising Dietitian at: da.asn.au/find-an-apd/

RESOURCES

For more information, download the free NDSS Fact Sheet: Coeliac Disease and Diabetes ndss.com.au/about-diabetes/resources/find-a-resource/coeliac-disease-fact-sheet/

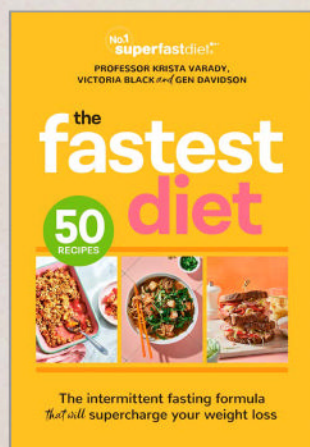
Coeliac Australia (coeliac.org.au/) membership provides a range of useful resources and access to advice and support to help in following a gluten-free diet.

“

A dietitian with expertise in coeliac disease and diabetes can provide individualised dietary advice to help you in adopting a gluten-free diet.



THE FASTEST DIET



'The Fastest Diet by Victoria Black, Gen Davidson and Krista Varady, published by Macmillan Australia, RRP \$39.99.'

In this extract from new book, *The Fastest Diet*, Dr Krista Varady shares her research about why intermittent fasting really works

Krista is actually a professor of nutrition at the University of Illinois, Chicago, and we profess that she's awesome. She's spent her entire career doing IF research and is the author of the *Every-Other-Day Diet*, which is alternate-day fasting and similar to our 3-day method.

When she started her research, there were only two human studies and a dozen animal studies. All the human studies were done on lean people so we guess you could say the scientific literature was slim pickings. (Someone get Vicki away from the keyboard.)

Seriously though, during her PhD and postdoctorate studies, Krista noticed that people really struggled with daily calorie restriction. Mostly because of all the food logging, they'd get burned out after about a month or two.

She started to wonder whether people actually had to diet every day to lose weight and whether restricting calories every other day would work. Her theory was that maybe this approach could propel them through a diet because they would get frequent breaks.

Krista's theory was proved right: people stuck to the alternate-day method. They liked it, and it worked! Since then, Dr Krista has been involved in extensive further research to explore some of the health benefits of IF and we've been lucky enough to consult with her as we developed SuperFastDiet (SFD).

However, it's her brand-new findings that have brought us to this book, and she shares them with us all here.

(THE BEST ONE)

Eureka Moment #1

YOU **CAN** LOSE WEIGHT AND REALLY ENJOY YOURSELF!

We've recently completed the world's longest-ever study into time-restricted eating; our study lasted for 12 months!

THE OBJECTIVE: To see if time-restricted eating (TRE) is better for weight loss and weight-loss maintenance versus daily calorie restriction (CR).

THE EXPERIMENT: Participants with obesity were randomly assigned to a group that would follow a traditional, calorie-restriction method of dieting; a part-day style of dieting (time-restricted eating); and a control group that didn't change their diet at all. For simplicity, let's call the groups 'traditional', 'part-time' and 'control'.

The traditional group reduced their intake by 500 calories each day and they could eat at any time. The part-time group could consume any food or drink between 12 pm and 8 pm without counting calories, but could only have water the rest of the time. (This is called 'water fasting'.) Of course, we encouraged eating a healthy diet, but for the study, no food restrictions or calorie restrictions were placed on the part-time group during the eating window.

The control group didn't change their diet at all, so that we can be sure that any weight loss seen in other groups didn't occur under 'normal' or 'control' conditions. The year of research was divided into six months of weight loss (the first half) and six months of maintenance. It's also the first study to examine the effect of time-restricted eating on weight-loss maintenance.

THE RESULTS: Weight loss in both dieting groups was between 5 and 23 kg but the most interesting and exciting finding is that those who did IF really enjoyed the whole process! They lost weight AND they reported that they would definitely be continuing this way of life.

In contrast, the majority who were on traditional every-day-low-calorie dieting couldn't wait for the 12 months to end and stated they would definitely NOT be continuing, even though they had lost weight. It was too hard and too sad!

Some participants asked if they could switch methods during the study (unfortunately not permitted), and many said they would be switching to the part-day method at the end of the study.

EUREKA! In short, this research indicated that IF using time-restricted eating is not only effective for weight loss, but it is also sustainable (and likeable) in the long term.



RESTRICTIVE VS. PART-TIME

- There's very little point in following a restrictive diet if it is not enjoyable long-term because when most people 'go off the diet' they are highly likely to put the weight back on again.
- Part-time dieting on the other hand enables people to enjoy the foods and drinks they love, encouraging adherence and making it a sustainable lifestyle.

Eureka Moment #2

YOU **CAN** LOSE WEIGHT EVEN WITHOUT COUNTING CALORIES

In the 12-month study, participants in the part-time group were not asked to count calories or restrict their eating in any way other than eating within an eight-hour window. The part-time fasters lost the same amount of weight as those that were eating 500 calories fewer than normal every day. But they didn't have to count calories at all, ever.

Part-time eating – that is eating within a window of six to eight hours – has been shown to really work for people because they stick to it! Weight loss is likely the product of a confined eating window that naturally cuts out calories and results in unintentional calorie restriction.

It's just such a relief for people to not have to constantly watch what they're eating and still lose weight.

EUREKA! If you hate the idea of counting calories or don't want to obsess over it, you don't have to and you can still lose weight.

COUNTING CALORIES

Although you don't have to count calories on our SFD program, for best results we DO recommend you keep count, especially in the beginning. This is because your portion sizes may be too large and sometimes the food and drink you're consuming may be WAY more calories than you ever imagined – it's actually quite shocking to many members when they start! After a while you get to know off the top of your head how many calories are in most foods and drinks so you don't have to be so diligent about counting. It becomes automatic.



Part-time eating - that is eating within a window of six to eight hours - has been shown to really work for people because they stick to it!

—Dr Krista

Eureka Moment #3

IF IMPROVES INSULIN SENSITIVITY AND
TYPE 2 DIABETES CAN BE REVERSED



THE OBJECTIVE: To see if time-restricted eating is a better diet than traditional calorie restriction to treat type 2 diabetes.

THE EXPERIMENT: We randomly assigned participants with type 2 diabetes to one of three groups. One group followed a traditional calorie-restriction diet that reduced their daily intake by 500 calories. The second group followed a part-day style of dieting (time-restricted eating) that allowed them to eat anything between 12 noon and 8 pm but only water was allowed outside of that window. The final control group didn't change their diet at all. This study went on for six months.

INTERIM RESULTS: The study isn't published yet, but our interim findings are hugely promising! So far, we are seeing that time-restricted eating produces twice the weight loss (5 per cent) versus traditional calorie restriction (2.5 per cent). It may also help to lower their HbA1c number (see below). The participants also say that an eating window is a refreshing alternative to constant calorie restriction and it is much easier to stick to. Many participants could come off some diabetes medication.

EUREKA! Better blood sugar! No matter what your weight, that's something everyone should be aiming for: insulin sensitivity that is as high as possible.

WHY INSULIN SENSITIVITY IS IMPORTANT

When you eat food and there's a lot of sugar in it, it goes into your stomach and eventually ends up in your bloodstream about an hour later. This is 'blood sugar' and too much sugar floating around your blood is really bad because it sticks to your red blood cells. It's what we refer to as glycated haemoglobin (measured as HbA1c) – a major diabetes risk factor. The higher the HbA1c number, the more glucose there is in your blood. Too much glucose floating around in your blood all the time without getting cleared away will wreak havoc on the body. You want to be sensitive to insulin because that is the signal for our bodies to take glucose out of the blood and put it to use as quickly as possible. Type 2 diabetes is when your body can't produce enough insulin or isn't sensitive to insulin.

Eureka Moment #4

POLYCYSTIC OVARIAN SYNDROME (PCOS)

THE OBJECTIVE: The goal of this study was to see if eating within a daily time-restricted window could be used as an alternative to traditional calorie-restriction dieting to treat PCOS. Weight loss is the only proven method to improve hormonal profile and reverse PCOS.

THE EXPERIMENT: In this pilot study, we randomly assigned pre-menopausal women to one of three groups. There was a time-restricted eating group and a traditional diet group (both with the same regimens as our other studies) and a control group with no dietary changes. The participants were required to maintain their method for three months.

RESULTS: We found that eating within a window produced more weight loss and belly-fat loss than daily calorie restriction after three months in women with PCOS. It also produced greater decreases in testosterone and free androgen index (an indicator of PCOS severity) compared to the calorie restriction group. Insulin sensitivity (remember, that's a good thing) also increased more in the eating-window group.

EUREKA! These findings suggest that an eating window may be a better diet to treat PCOS than traditional dieting. A largescale study is still needed to confirm these findings and we're kicking one off now!

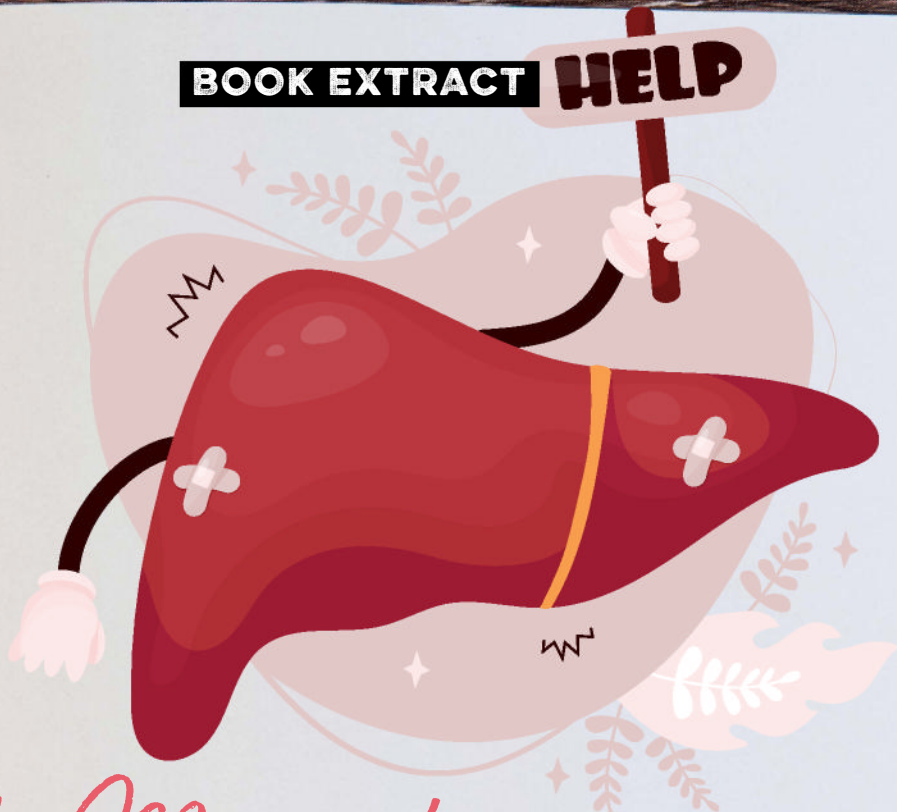
TREATING PCOS

PCOS occurs when a woman's body releases too much testosterone, resulting in irregular periods, fertility issues and acne.

Finding ways to treat PCOS is super significant for many women who suffer from it, so these results are encouraging.



PHOTOGRAPHY GETTY IMAGES



Eureka Moment #5

TREATING FATTY LIVER DISEASE

Having fatty liver disease greatly increases one's risk of developing type 2 diabetes, but a combination of alternate-day fasting and exercise may reduce that risk.

THE OBJECTIVE: The goal of this study was to see if alternate-day fasting combined with exercise could help treat fatty liver disease.

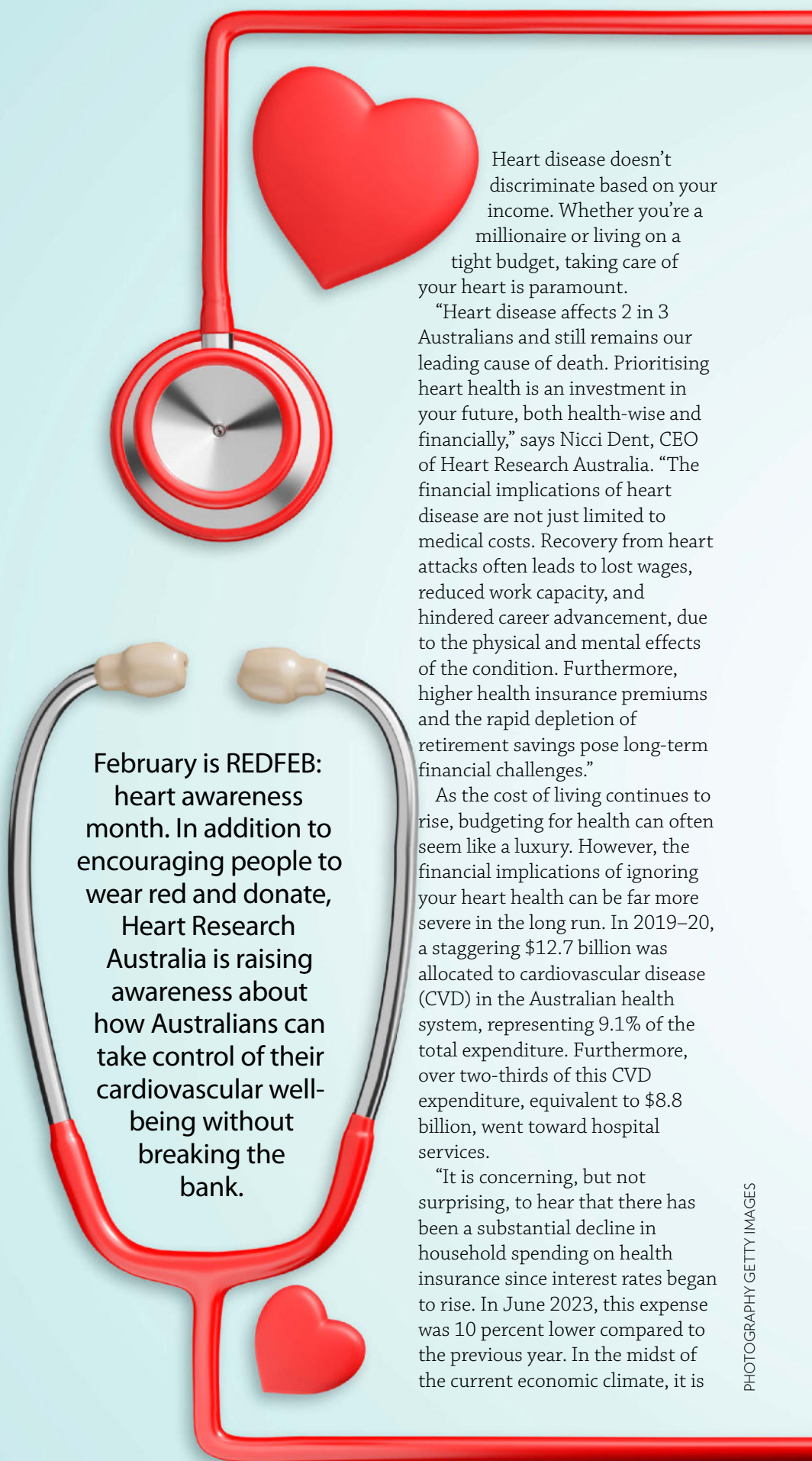
THE EXPERIMENT: We randomly assigned participants with obesity and fatty liver disease to one of four groups for this three-month study. The first group did alternate-day fasting alone by consuming 600 calories on fasting days, which alternated with a day of normal eating in between. The second group was the exercise group, which had to complete 60 minutes of aerobic exercise (jogging or cycling) for five days a week. The third group did alternate-day fasting and the exercise regimen, while the final control group changed nothing.

RESULTS: We found that the group that combined alternate-day fasting with exercise significantly decreased liver fat by 6 per cent and improved liver enzyme profile over the three months. They also lost 5 per cent body fat while maintaining muscle mass. In addition, insulin sensitivity increased, which suggests that the risk of developing diabetes was lowered.

EUREKA! These findings show that combining exercise with IF is not just great for treating fatty liver disease; it also shows that fasting doesn't mean muscle loss.

The group that combined alternate-day fasting with exercise significantly decreased liver fat and improved liver enzyme profile over the three months.

HEART HEALTH ON A BUDGET



February is REDFEB: heart awareness month. In addition to encouraging people to wear red and donate, Heart Research Australia is raising awareness about how Australians can take control of their cardiovascular well-being without breaking the bank.

Heart disease doesn't discriminate based on your income. Whether you're a millionaire or living on a tight budget, taking care of your heart is paramount.

"Heart disease affects 2 in 3 Australians and still remains our leading cause of death. Prioritising heart health is an investment in your future, both health-wise and financially," says Nicci Dent, CEO of Heart Research Australia. "The financial implications of heart disease are not just limited to medical costs. Recovery from heart attacks often leads to lost wages, reduced work capacity, and hindered career advancement, due to the physical and mental effects of the condition. Furthermore, higher health insurance premiums and the rapid depletion of retirement savings pose long-term financial challenges."

As the cost of living continues to rise, budgeting for health can often seem like a luxury. However, the financial implications of ignoring your heart health can be far more severe in the long run. In 2019–20, a staggering \$12.7 billion was allocated to cardiovascular disease (CVD) in the Australian health system, representing 9.1% of the total expenditure. Furthermore, over two-thirds of this CVD expenditure, equivalent to \$8.8 billion, went toward hospital services.

"It is concerning, but not surprising, to hear that there has been a substantial decline in household spending on health insurance since interest rates began to rise. In June 2023, this expense was 10 percent lower compared to the previous year. In the midst of the current economic climate, it is



imperative to seek out cost-effective methods to safeguard your heart – as heart disease can impact anyone at any time,” continued Ms Dent.

Maggie Dent, a beloved Australian parenting author and host of the podcast Parental As Anything, understands the importance of heart health.

“My smartwatch alerted me to a high heart rate, leading to a diagnosis of atrial flutter, despite having no symptoms. My journey emphasises the importance of swift action, prioritising heart health, and routine check-ups. In financially challenging times, a heart-healthy lifestyle doesn’t have to be expensive. Embrace simple joys like family walks and connecting with friends to reduce stress. It benefits your whole family’s health and wallet,” says Maggie.

In response to these challenges, Heart Research Australia is advocating affordable ways to maintain heart health. Dr Avedis Ekmejian, a senior cardiologist and researcher supported by Heart Research Australia, provides his expert tips:

■ **Eating Heart-Healthy Foods:**

A heart-healthy diet doesn’t have to be costly. Focus on affordable staples such as beans, lentils, whole grains, and vegetables. These foods are not only nutritious but also easy on your wallet. Avoid excessive processed foods, sugary snacks, and fast food, which can be both unhealthy

and costly. Eating 5 or more vegetables every day reduces the risk of cardiovascular disease by almost 17%.

■ **Staying Active:** 4 in 5

Australians don’t do enough exercise, yet physical activity is essential for heart health. You don’t need an expensive gym membership to stay fit. Consider free or low-cost options like walking, jogging, or home workouts. Gardening and household chores can also help you stay active while saving money. Try to be physically active for at least 2.5 hours every week, spreading it out over five or more days.

■ **Managing Stress:** Chronic

stress can take a toll on your heart. Finding cost-effective ways to manage stress is vital. Heart Research Australia recommend relaxation techniques like deep breathing, meditation, or yoga, which can be done at home or with minimal expenses. Spending time in nature or with loved ones can also provide emotional support without breaking the bank.

■ **Regular Health Check-ups:**

Preventive care is key to maintaining heart health. While it may seem counterintuitive to spend money on doctor visits, regular check-ups can help detect issues early and save you money in the long run. Look for affordable healthcare options or community clinics in your area. Smoking is a significant risk factor for heart

disease. Quitting smoking is not only beneficial for your health but also for your wallet. Seek free or low-cost resources to help you kick the habit.

Heart Research Australia extends an invitation to all Australians to explore their free online Heart Hub, where you can access a wealth of expert advice on cultivating heart-healthy habits. The Heart Hub provides information on mitigating risk factors, optimising your diet, embracing effective exercise routines, and mastering stress reduction techniques.

Nutritionist Chloe Steele says “Eight out of ten instances of premature heart disease and stroke can be prevented through healthy lifestyle choices. The foundation of this prevention lies in health literacy, as knowledge is the key to a healthier heart.”

Heart Research Australia invites all Australians to wear RED this February and donate to fund vital research to combat heart disease.

“Cardiovascular disease affects more than four million Australians and is responsible for 1 in 4 deaths. Research is undeniably a life-saving endeavour, says Dent. “That’s why Heart Research Australia tirelessly supports world-class and emerging researchers in their pursuit of ground-breaking studies for the prevention, diagnosis, and treatment of heart disease.”

For more information on REDFEB and to donate, please visit:
heartresearch.com.au

THE Mediterranean diet

There's a reason the Mediterranean diet continues to be popular. It's a delicious way to help with heart health, diabetes prevention, and more.

Those who live in countries along the Mediterranean Sea consistently have longer life expectancies. The people of North Africa, Italy, Spain, Greece, and Southern France don't all share a single "diet," but what they have in common is eating an abundance of fresh produce, plant-based protein, fish, healthy fats,

and whole grains while limiting red meats, alcohol, and refined, processed foods.

Experts consistently rank the Mediterranean diet as the No. 1 healthiest diet. But think of it less as a diet and more as a flexible way to eat. It showcases whole foods in their simplest, tastiest form. Go ahead and dig into the world's healthiest diet.



Better Homes and Gardens
Mediterranean Diet
Published by Are Media,
RRP \$10.50. Available in
newsagents.

EXPLAINED

5 REASONS to eat the Mediterranean way

There's a raft of reasons to try this eating style—here are the top 5.

1 REDUCE RISK OF HEART DISEASE.

Whole grains and produce are at the centre of the Mediterranean diet. People who eat whole grains every day lower their chance of dying from heart disease by 9 per cent, according to a study published in *JAMA Internal Medicine*. And a Harvard study found that people who eat 5 cups of produce a day lower their risk of heart disease by nearly 30 percent.

2 PROTECT AGAINST CANCER.

Eating the Mediterranean way means that red meat is considered a treat. Eating less red meat can reduce the risk for certain cancers. The American Institute for Cancer Research recommends eating no more than 540g of red meat per week. And replacing red meat with plants, such as legumes, is an excellent way to get more fibre and antioxidants, which protect against cancer, says registered dietitian Kelly Touns of the nutrition nonprofit Oldways.

3 PREVENT AND MANAGE DIABETES.

The Mediterranean diet is associated with a 20 per cent reduced risk of developing type 2 diabetes, according to an article published in *Endocrine: International Journal of Basic and Clinical Endocrinology*. Other research has found the Mediterranean diet can reduce insulin resistance and improve blood glucose control. Researchers believe the diet's moderate consumption of alcohol, high consumption of fruits, nuts, and olive oil, and reduced intake of dairy and meat products are major contributors to preventing and managing diabetes.

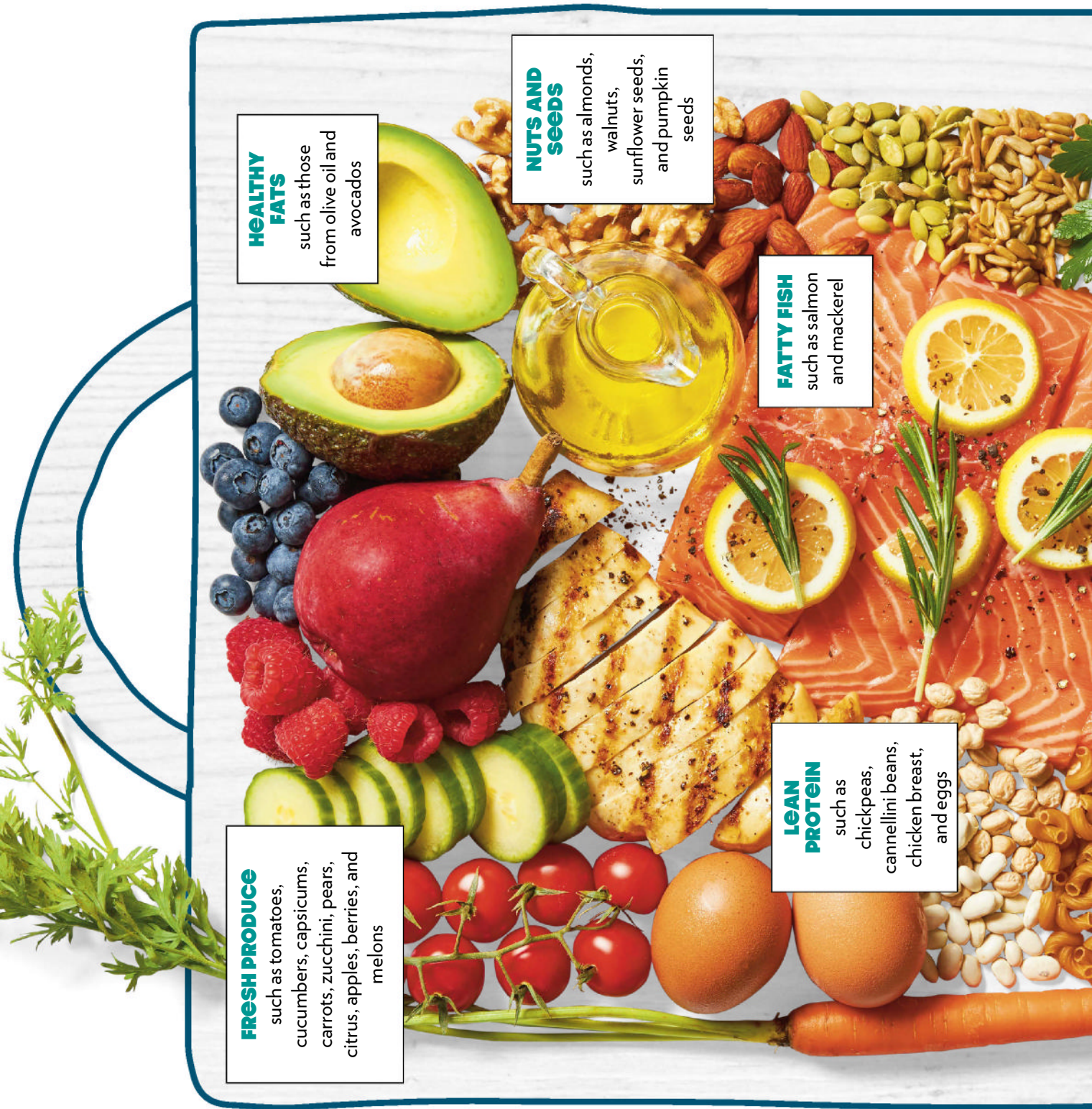
4 REDUCE INFLAMMATION.

Eating more high-fibre foods while limiting saturated fats is a hallmark of the Mediterranean diet. Both of these nutrients impact inflammation in the body. Research shows that eating fibre-rich diets can boost both your gut health and your body's anti-inflammatory response. On the other hand, studies find a diet high in saturated fat can trigger your body's pro-inflammatory response. A diet high in quality foods and low in saturated fats, such as the Mediterranean diet, can help keep inflammation to a minimum.

5 SAVE THE PLANET.

The Mediterranean eating pattern emphasises replacing meat with plants for protein. Plant-based foods emit fewer greenhouse gases, use less water, and require less land than livestock, according to the World Resources Institute. This diet also emphasises eating the grains and fresh produce locally available to you, helping to reduce the environmental footprint.

STARTING THE Mediterranean diet



HEALTHY FATS

such as those
from olive oil and
avocados

NUTS AND SEEDS

such as almonds,
walnuts,
sunflower seeds,
and pumpkin
seeds

FATTY FISH

such as salmon
and mackerel

LEAN PROTEIN

such as
chickpeas,
cannellini beans,
chicken breast,
and eggs

FRESH PRODUCE

such as tomatoes,
cucumbers, capsicums,
carrots, zucchini, pears,
citrus, apples, berries, and
melons

Stock up on the following foods to build up your healthy kitchen.

HERBS AND SEASONINGS

such as fresh parsley, mint, basil, and rosemary, as well as garlic, cinnamon, and saffron

WHOLE GRAINS

such as quinoa, bulgur, and farro, as well as wholemeal pastas and flatbreads

EASY SWAPS TO GO MEDITERRANEAN

The average Australian consumes up to 35 per cent of their daily energy from foods high in salt, added sugars and unhealthy fats. Research from the University of South Australia in 2023 found that the Mediterranean diet is not only good for health but also for your budget, saving a family of four \$28 per week (or \$1456 per year) when compared with a typical Western diet. Try these easy substitutions.

INSTEAD OF WHITE RICE



SERVE UP WHOLE GRAIN QUINOA OR FARRO

INSTEAD OF SAUTÉING VEGETABLES IN BUTTER



COOK WITH OLIVE OIL

INSTEAD OF A SOUR CREAM-BASED DIP



TRY GREEK YOGHURT-BASED TZATZIKI

INSTEAD OF A BEEF BURGER



TRY A SALMON PATTY

INSTEAD OF SNACKING ON POTATO CHIPS



REACH FOR MIXED UNSALTED NUTS

nutrition

YOUR DELICIOUS GUIDE FOR EATING TO REDUCE YOUR RISK OF HEART DISEASE AND DIABETES

Mediterranean diet

**Better
Homes**
and Gardens.

90+
RECIPES
FOR GOOD
HEALTH

MAKE IT GRAIN

*Wholegrain
your way to
health*

PUT A NEW SPIN ON

- +PORRIDGE
- +HUMMUS
- +PESTO

FLATOUT & FLAVOURFUL

*Toppings
you'll love*

GET INTO THE
Blue Zone
WHY THE MED
DIET WORKS!

PESTO PASTA
WITH CHARR'D
RADICCHIO
RECIPE PAGE 64

ON SALE NOW

When Billy Mills was diagnosed with type 1 diabetes as a 32-year-old, he was surprised but not shocked. Billy had a family history of diabetes, but for many adults diagnosed later in life, a type 1 diagnosis comes as a huge shock and everyday life drastically changes. Maggie Stewart, a diabetes educator from the Baker Heart and Diabetes Institute, explains what a type 1 diabetes diagnosis in adulthood means.



getting a LATE T1 DIAGNOSIS

type 1

A cup of coffee, an early morning walk, a weekend away, or even a work presentation – each of these previously regular activities, plus many, many others, suddenly have to be looked at in a completely different way once a type 1 diabetes diagnosis in adulthood is made.

Carbohydrate consumption, activity, routines and stress levels are just a few of the many considerations you now have to factor more carefully into your lives.

So, what should you do once you're diagnosed as an adult with type 1 diabetes (T1D), and how do you get your head around this life-changing event?

WHY WOULD SOMEONE BE DIAGNOSED WITH TYPE 1 DIABETES AS AN ADULT?

We don't know the exact cause of T1D, but we do know that genetics play a large part and that it can't be prevented. People who develop diabetes have certain genes that make T1D more likely, and then an environmental trigger occurs which kickstarts the autoimmune reaction that destroys your insulin-producing cells.

It's difficult to pinpoint what those triggers are, but we do know that certain viruses have been associated

with triggering T1D. We also know that the cause of T1D is not lifestyle-related but that a healthy lifestyle does help with management.

HOW IS TYPE 1 DIABETES DIAGNOSED IN ADULTS?

The journey towards arriving at a T1D diagnosis can take a number of paths. For many, the diagnosis comes during childhood, with two noticeable peak periods for diagnosis occurring between the ages of 4 to 7 and 10 to 14. This is childhood-onset diabetes.

However, recent research has found that more than half of all new cases of type 1 diabetes occurs in adults – adult-onset diabetes. How they arrive at that diabetes destination varies.

For adults diagnosed with T1D, we frequently see that a type 2 diabetes (T2D) diagnosis comes before a T1 diagnosis. A significant proportion of these people have originally been misclassified with T2D as there are many overlapping symptoms between T1 and T2 and no definitive diagnostic tool.

It's estimated that about 10 per cent of adults diagnosed with T2D actually have T1, and that more than a third of adults with T1 were initially treated for T2.

Latent Autoimmune Diabetes in Adults, or LADA, shares features of both T1D and T2D. It begins in adulthood but does not initially require insulin for



glucose control. It slowly gets worse over time, and because the pancreas is still making some insulin, many with LADA are first misclassified with T2D. This is a journey frequently seen in adults diagnosed with T1D.

Following a period of not needing any insulin support, those with LADA may then need basal insulin – the background insulin that keeps blood glucose levels consistent during fasting periods. Then as the disease progresses, they may need to introduce the fast-acting bolus insulin at mealtimes to keep levels consistent following a meal. The deterioration may be slow and last years, but for others, the deterioration can be rapid.

Adults diagnosed with classical type 1 diabetes are usually very unwell at time of diagnosis and require insulin for survival.

WHAT SHOULD I DO IF DIAGNOSED WITH TYPE 1 DIABETES AS AN ADULT?

T1 and T2 diabetes are two very distinct diseases that have different management strategies, and LADA adds another dimension, so a new classification or a new diagnosis can come with lots of confusion, anxiety, and significant re-learning.

For example, if you've previously been diagnosed with T2 and now have T1, a brisk walk to lower high glucose levels is no longer the approach you should take to manage it. You now need insulin. These

differences in strategies take significant re-adjustment and can be dangerous if not applied.

No matter how or when you are diagnosed with T1D, you need the support of a diabetes management team. The first step is to see a diabetes educator and a dietitian because anyone newly diagnosed with T1D needs to understand how to manage their diabetes and how food, and specifically carbohydrates, impacts blood glucose levels.

But it's not as simple as just food and insulin. Throughout a diabetes journey, there will need to be a diabetes team, which can include a GP, a diabetes educator, a dietitian, an endocrinologist, a podiatrist, a dentist and an ophthalmologist. Getting the right counsel is imperative.



UNDERSTANDING THE FACTORS THAT AFFECT GLUCOSE LEVELS

There are 42 different factors that affect your glucose levels. So, if you eat the same thing every morning, your body's not going to respond in the same way every time, and you may need differing amounts of insulin.

Similarly, you would likely need a different amount of insulin at basketball training compared to playing a basketball game because the competition of a game comes with increased stress hormones; and grabbing a takeaway latte could have a very different response to grabbing a long black. Being unwell, altitude and even the weather can have an impact.

You have to know what those other factors are that are impacting your glucose levels and factor them into your decisions. That comes with educational support.

ACCEPTING YOUR DIAGNOSIS

Billy Mills works as a carpenter on large construction projects. Despite having some knowledge of T1D following his brother's childhood diagnosis, he found his own diagnosis as a 32-year-old difficult to accept, particularly as he didn't have any symptoms.

"I had to have a health examination and they found I had high glucose levels," he says. "I had tests and was originally diagnosed with type 2 diabetes, so I was put on metformin (T2D medication). Everything was fine to start with but then I took three months off work and I think because I was less active during that time, I got worse."

Billy was referred to the Baker Heart and Diabetes Institute where he was diagnosed with LADA but he now requires both slow-release and rapid-release insulin.

"There was a lot to learn in a short period of time. I have to be careful around decisions I make, like when I have a takeaway meal or consume alcohol, and around my football training," Billy says. "I now have a continuous glucose monitor, which helps, but I also listen to my body."

"When I was first diagnosed, mentally, it got to me a lot, but my advice would be to lean on your diabetes management team; they are there to support you. And whatever you do, don't let a diagnosis eat away at you. You can continue to live a full life."

6 NEED-TO-KNOW FACTS ABOUT... dead in bed syndrome

Dead in Bed Syndrome (DIBS) refers to the sudden, unexplained death of a young person with type 1 diabetes, who goes to bed seemingly fine, and is found dead in an undisturbed bed.

1 Young and type 1
Dead in Bed Syndrome almost always impacts young people living with type 1 diabetes – children, adolescents and young adults. The data available on the syndrome suggests that DIBS is responsible for 6% of all deaths in people with diabetes below 40 years of age. There have not been any significant reports of DIBS affecting people with type 2 diabetes.

2 Unknown cause
Dead in Bed Syndrome is poorly understood, and a cause has not been definitively established. However, evidence suggests that it is most likely caused by nocturnal hypoglycaemia, or a severe 'low' at night during sleep, which in turn triggers a fatal cardiac arrhythmia (irregular heartbeat). But because it is difficult to diagnose hypoglycaemia after death, autopsy results are often negative.

3 Hypo anxiety
Experiencing a 'hypo' (when the blood glucose level drops below 4.0mmol/L) is common for people with type 1. Almost 50 per cent of hypoglycaemic events occur at night, during sleep. For many people with type 1 (or their carers), the only sure way of

avoiding a hypo overnight is to wake every few hours and test BGLs.

4 Life-saving tech
Thankfully, Dead in Bed Syndrome is relatively rare, and the introduction of certain technologies means it's now even less common. The use of a Continuous Glucose Monitor (CGM), especially one that works in conjunction with an insulin pump, means that people with type 1 can go to bed at night feeling a bit more secure, as their CGM will alert them, or their carers, if their BGLs start dropping rapidly, or below a certain level.

5 CGM funding
Thanks to the DANII Foundation (see p120), all Australians living with type 1 are eligible to apply for access to subsidised CGM and Flash CGM products through the National Diabetes Service Scheme (NDSS). Depending on individual circumstances, some people can access fully subsidised CGM products and others can gain access with a co-payment.

6 Pump it up
Although CGMs work well on their own, this technology combined with an insulin pump can be life-changing for someone living with type 1. CGM can communicate with the pump and insulin delivery is adjusted based on BGLs throughout the day. Although the cost of an insulin pump is prohibitive to many people (around \$8,500-\$10,000), many private health insurance policies will cover the cost. If you can't afford private health cover, organisations like the DANII Foundation and JDRF provide funding for eligible families.



WORDS ERIN ROBERTS; ILLUSTRATION GETTY IMAGES

YOUR DIABETES

ANNUAL CYCLE OF CARE

Have you heard of the diabetes annual cycle of care? And do you understand what it involves and how often to have the recommended health checks? DL Mag dietitian and diabetes educator, Dr Kate Marsh, discusses the diabetes annual cycle of care: what it is, why it's important and what's involved.



WHAT IS THE ANNUAL CYCLE OF CARE?

The diabetes annual cycle of care is a checklist for reviewing your diabetes management and general health. It is recommended that you complete this review with your general practitioner (GP) each year. It includes a range of health checks that your doctor can organise and referral to other health professionals who can perform health checks (such as eye and foot assessments) and support you with various aspects of your diabetes management.



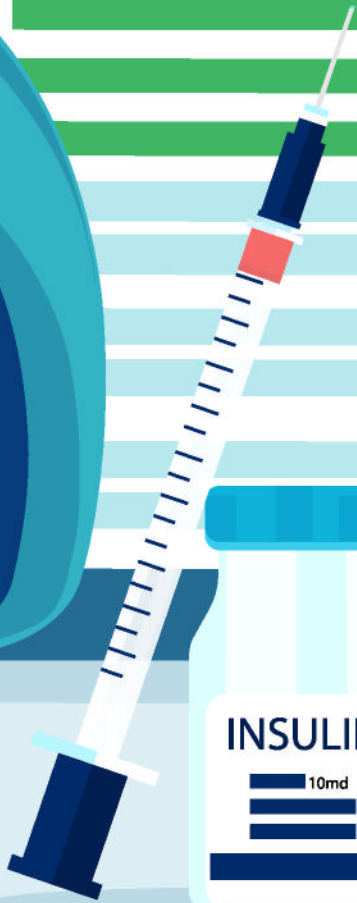
WHY IS THE ANNUAL CYCLE OF CARE SO IMPORTANT?

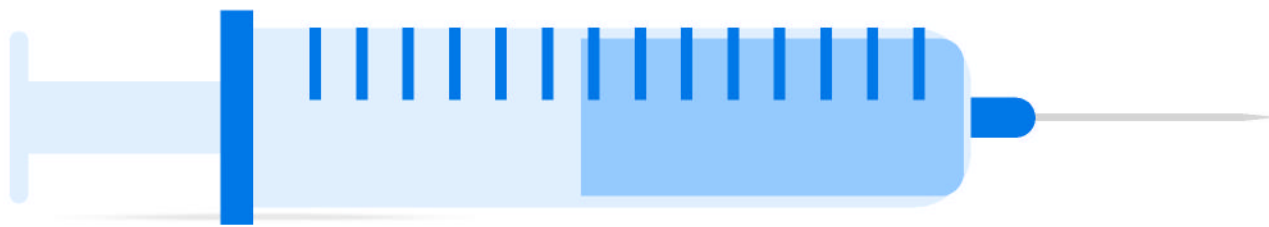
Over time, high blood glucose levels can cause damage to your body's organs, blood vessels and nerves, leading to diabetes-related complications affecting the heart, eyes, kidneys and nerves. By keeping a check on the different areas included in the cycle of care, you can reduce your risk of developing these complications. And if problems arise, you can detect them early and discuss with your doctor the best course of action to address any out of target results and prevent or slow the progression of complications.





**DIABETES
MANAGEMENT**





WHAT DOES THE ANNUAL CYCLE OF CARE INVOLVE?

The health checks included in the cycle of care include:

❑ **HbA1c:** a blood test to measure your average blood glucose levels over the past 2-3 months. Keeping blood glucose levels in your target range can help to reduce the risk of developing diabetes-related complications. It is recommended that you have this checked at least every 6-12 months.

❑ **Blood pressure:** is a measure of the force of circulating blood on the walls of your blood vessels. High blood pressure increases the risk of heart disease, stroke, eye damage and kidney damage. This means that managing blood pressure is just as important as managing blood glucose levels for preventing diabetes-related complications. It is recommended that you have this checked at least every 6 months.

❑ **Blood fats:** a blood test to measure the different fats in your blood, including LDL cholesterol, HDL cholesterol and triglycerides. As with high blood pressure, high blood fats can increase the risk of heart disease, stroke and other diabetes-related complications. It is recommended that you have these checked at least every year.

❑ **Kidney health:** An annual urine test, the urinary albumin to creatinine ratio (UACR), shows whether small amounts of protein are passing into the urine. This can indicate very early signs of kidney damage, when treatment can often slow or prevent further damage. A blood test to check kidney function, called estimated glomerula filtration rate (eGFR), is also recommended.

❑ **Foot checks:** An initial foot check should be done by your doctor, diabetes educator, practice nurse or podiatrist. If your feet are found to be low risk, then it is recommended that you have an annual foot check. If assessed as high or intermediate risk, then you will need more regular checks: at least every 3-6 months for intermediate risk and at least every 1-3 months for high-risk feet.

❑ **Eye checks:** A visit to an ophthalmologist or optometrist is recommended at least every two years to check your eyes through dilated pupils. They will check for diabetes-related eye damage (retinopathy), as well as cataracts, glaucoma and other eye disorders that occur more frequently in people with diabetes. If any problems are detected, you may need more regular visits.

❑ **Weight, waist measurement and body mass index (BMI):** Carrying extra weight, especially around the middle, can make it harder to manage your blood glucose levels, blood pressure and blood fats, so it is important to keep a check on these. It is recommended that you have these checked at least every 6 months.

❑ **Lifestyle habits:** During your annual review, your GP should also ask about your lifestyle habits, including your current eating habits, activity levels, smoking status, and alcohol intake. Following a healthy eating plan, exercising regularly, limiting alcohol intake and quitting smoking (if you smoke) are important parts of managing your diabetes and overall health.

❑ **Medication review:** As part of the annual cycle of care, your GP will review your medications to ensure that you are taking the right dose and combination of medications that are safe and effective for managing your current health conditions. This will include your diabetes medications but also medications to treat other health risk factors such as high cholesterol and blood pressure. If you are taking multiple medications to manage your diabetes and other health issues, you may be eligible for a Home Medicines Review (HMR), MedsChek or Diabetes MedsChek. These are Medicare-funded programs designed to help people living at home to maximise the benefits of their medications and prevent medication-related problems.

❑ **Diabetes self-management:** A range of health professionals are available to support you in managing your diabetes, but most of the day-to-day management is up to you. It is therefore important that you learn about diabetes and the various aspects of self-management, from lifestyle changes to monitoring and medications, so you can become an expert in the management of your condition. Your GP can refer you to a diabetes educator who can review your overall diabetes management, provide education and support, and help you develop an individualised diabetes management plan.

❑ **Emotional health:** Diabetes doesn't just impact your physical health, but can also affect your emotional health. If living with diabetes is causing anxiety or distress, your doctor can help you find the support you need. This may include referral to a mental health professional, such as a psychologist or counsellor.

WHAT ARE THE TARGETS?

Target ranges need to be individualised, depending on a number of factors including the type of diabetes you have, how it is managed, your age, whether you have any complications, including heart disease, and whether you have any other health conditions.

However, general targets for adults with diabetes include:

HEALTH CHECK	TARGET
HbA1c	7% or less
Blood pressure	130/80 to 140/90 or less
Blood fats	Total cholesterol less than 4.0 mmol/L LDL less than 2.0 mmol/L HDL 1 mmol/L or above Triglycerides less than 2.0 mmol/L
Waist circumference	Less than 94cm for men Less than 80cm for women
Kidney health	Urinary albumin and kidney function (blood) tests in target range

WHAT HAPPENS NEXT?

As part of the annual cycle of care, your GP may refer you to other health professionals, such as a diabetes educator, dietitian, podiatrist, ophthalmologist, exercise physiologist or endocrinologist, to help you in managing your diabetes and reducing the risk of complications.

They might also prepare a GP Management Plan (GPMP) and Team Care Arrangement (TCA) which provide an organised approach to your health care and help coordinate the care you need from your GP and the other health care providers. If you have both a GPMP and TCA, you may be eligible for

Medicare rebates for certain allied health services if they are directly related to the management of your diabetes. This could include a diabetes educator, dietitian, exercise physiologist and/or podiatrist. The current rebate is \$56 per consultation for up to five consultations per calendar year. However, if you are seeing more than one allied health professional, these visits need to be split between them. For example, you could have two consultations with a diabetes educator, one with a dietitian, one with an exercise physiologist and one with a podiatrist.

RESOURCES

For details of how often to have your annual cycle of care checks and recommended targets, download a copy of the NDSS Annual cycle of care fact sheet ndss.com.au/about-diabetes/resources/find-a-resource/your-diabetes-annual-cycle-of-care-fact-sheet

To understand more about the Annual cycle of care, listen to the NDSS Annual cycle of care podcast series: ndss.com.au/about-diabetes/resources/find-a-resource/annual-cycle-of-care-podcasts

my story

“There is technology that would have alerted you.”



Donna and Brian Meads-Barlow lost their daughter Daniella, 17, to Dead in Bed Syndrome (DIBS) in 2011. They created the DANII Foundation the following year, in Daniella's memory, to help people living with type 1 access life-saving technology.

“We had never heard of Dead in Bed Syndrome until the day Daniella died. It wasn't discussed in her 12 years of living with type 1. We quickly learned quite a lot about DIBS, though they still don't know what causes it. Usually, it is when hypoglycaemia, or a 'low' occurs during the night, when the person is asleep. Sometimes it can be caused by diabetic ketoacidosis (DKA) as well. Some of the children who have passed have been undiagnosed.

“But Daniella was well. She loved school, she was doing her HSC. She loved singing and acting, that was her 'thing'. She was vibrant.

“The night before was just a normal night. We had dinner, we watched Australian Idol together,

she had a hot chocolate as a snack before bed. She came into our bedroom to say goodnight and we asked her what her BGL was. She said it was 12.2 and that she still had insulin (in her pump), so she said goodnight, I love you, and went to bed. When we went to wake her up the next morning for school, she had just gone.

“It was the worst day of our lives. We had our two boys at boarding schools, we had to phone the schools, and when they arrived home there were police and ambulances everywhere, it was just a horrendous situation.

“We phoned Daniella's endocrinologist, Dr Howard, to tell him that she had died. We needed a doctor to come to the house and examine her and provide a death certificate. Later, he stood at our

breakfast bench and told us, 'You know, there is technology in other parts of the world that would have alerted you and you would have had the opportunity to save her.'”

Life-saving technology

“We decided that day that we needed to do something about this. That's how the DANII Foundation came about. It's not about causing alarm, that's not why we tell our story. We don't want to frighten the parents of type 1 children. But the fact is, Dead in Bed Syndrome has been reduced dramatically by this technology. The DANII Foundation has been responsible for having the Continuous Glucose Monitor (CGM) subsidised for everyone with type 1 diabetes in Australia.

“After Daniella passed, many

WORDS AS TOLD TO ERIN ROBERTS IMAGES SUPPLIED
BACKGROUND IMAGE GETTY IMAGES

parents who had lost children to DIBS, from across Australia and around the world, reached out to us. We made a video – ‘Tribute to the Angels’, which is on the DANII Foundation YouTube channel, and we’ve used that when we’ve lobbied the government for funding and subsidisation.

“We organised a function at Parliament House in Canberra, and made sure we got all the right people there, all the politicians, we set up boards with the stories of the Angels. We kept pushing, got the media involved, and eventually we got Stage 1 across the line, which was funding for CGMs for all under 18s. That was in 2017, and by that point we had raised over \$6.5 million.

“In March 2019, Stage 2 funding was implemented, for women who are pregnant or planning, and people with a health care card. And Stage 3, which was made official around July 2022, was funding or subsidised access to CGMs for everyone in Australia living with type 1.

“Ideally, the DANII Foundation would like to see all Australians who live with type 1 diabetes have a

health care card. It is a disease for life. When a child is diagnosed, they do get a health care card, but it gets taken away when they turn 16. Having a health care card would give people living with type 1 affordable access to a support team, to educate them and help them manage their condition.”

Danii's Gift

“Right now, the Foundation is raising funds for insulin pumps, specifically the pumps that work with the CGM. As the funds become available, we grant Insulin Pump Scholarships to eligible families or individuals – those identified as living with type 1 and unable to afford the technology themselves. To be able to grant someone a Scholarship is just beautiful. Once they go through the process of transitioning to this technology, it changes their life. It can save their life. Being able to provide this technology to people who can't afford it is such a gift. It is Danii's Gift.

“It costs \$8,500-\$10,000 to provide an insulin pump to one person, and there are currently about 60 eligible people on the

waitlist. So we do rely on donations from the community.

“Of course, the CGM can sit on its own (without a pump) but many Australians who live with type 1 aren't aware that these monitors are funded or co-funded. And that's the technology that would have saved Daniella's life. She had an insulin pump, but it was the CGM that would have alerted us that she was in trouble. So we're happy that we got that one across the line. But there's so much more that needs to be done to pave the way for better, safer living for people living with type 1 diabetes.”

DANIELLA, THE DANII FOUNDATION



#Education #T1d

#CGM

Whatever it Takes

**ONE OF THE JELLYBEAN
CRUISES ORGANISED BY
THE DANII FOUNDATION.
AN EDUCATIONAL
WEEKEND FOR TYPE 1
KIDS AND THEIR FAMILIES**

For more information visit www.danii.org.au.
For more information on Dead in Bed Syndrome turn to page 110.



my story

**“It’s simply the
beginning of a
new normal”**



Peter Stringer, 44, found out he had type 2 diabetes soon after he'd been admitted to hospital in 2016 with three black toes. Eight years later, he's now a bilateral amputee and is using his experiences to help others.

“In some ways, my story starts on Christmas Eve 2015. I'd gone to my dad's house for the night and when I got there, there was a street party going on.

“I was running around on hot bitumen all night and when we went to bed at about 1am, Dad freaked out because there was blood all over the carpet. It turned out I'd developed all these blisters on the bottom of my feet, but I couldn't feel a thing.

“Something similar happened on New Year's Eve but I still didn't think much of it.

“A couple of weeks later I started to feel unwell. I thought I was coming down with a flu, but I went downhill really quickly. And then the toes on my right foot started to go black.

“After visiting a doctor, I was immediately sent to my local hospital. They ran a few tests and told me the reason my toes were black and I was feeling so bad was because I had sepsis, which is life threatening, and I needed to be transferred to The Royal Adelaide Hospital.

“As well as warning me I should be prepared to lose a toe or two, they also said something about 'your diabetes'. That was a shock, but in hindsight, it wasn't all that surprising either.

“Looking back, I hadn't felt well for a while. I was going to the toilet a lot and always felt tired no matter how much sleep I'd had. Towards the end, I'd also been drinking six litres of Coke every day.”

Lose a leg or lose your life

“I was wheeled into emergency surgery at midday on Australia Day and I woke up minus the three middle toes on my right foot. The day after, a nurse taught me how to test my blood glucose levels and how to inject insulin. And I also learned how my diabetes and losing my toes were connected.

“I stayed in hospital for two weeks and had two more operations – one to remove my big and little toes, and another to remove half of my foot because they couldn't get the infection under control.

“I was sent home to heal but the infections just kept coming. Eventually, after more stays in hospital including one where I'd been told to prepare to have my lower leg amputated but then they changed their mind, they finally did it around Anzac Day.

“To be honest, after so many months and infections, it was a relief and I also knew it was a case of lose a leg or lose your life.

“All up, I was in hospital, including in-patient rehab, for about six weeks. My biggest achievement was going into rehab in my wheelchair and walking out on my prosthetic leg.”

A repeat performance

“When I started getting ulcers on the bottom of my left foot about four years later, I panicked. I visited my podiatrist and was initially told it was superficial, but I wasn't convinced.

“Then they started talking about how I needed to stay off it for a month. But when they wanted to remove some bones

my story: type 2

and told me I might only end up losing a toe but they couldn't be sure, my reaction was 'nope, you said that last time – just take it off below the knee now'. I couldn't go through all that again.

"One doctor who didn't like the idea and was trying to talk me out of it said, 'I don't think you realise how life altering an amputation can be'. My response was simply to pull the blanket off my stump. Of course I knew it was going to be more difficult as a bilateral amputee, but I was obviously prepared.

"Not long after, I got my way and it was absolutely the right decision for me."

Wanting to help others

"When I was in hospital after having my first leg amputated, I had a peer support visit from Limbs 4 Life, an organisation that empowers amputees.

"It wasn't counselling or someone telling me what I had to do, it was just someone who'd had a similar experience to me, showing me there is life after you lose a limb.

"That visit changed my life. What they did for me made me want to give back and now I'm a peer support volunteer myself. I also represent South Australia on the Limbs 4 Life National Amputee Advisory Council.

"Recently, I trained as a support coordinator and founded Amputees Unite, which provides NDIS support coordination services for amputees here in Australia. I know how challenging navigating the NDIS on your own can be, and I also know about the type of support you need as a new amputee. The goal is to make everything easier at what's often a stressful, overwhelming time.

"At the end of the day, I just want to help others, like others have helped me. It's that support that can help you realise having an amputation isn't the end of your life, it's simply the beginning of a new normal."



PETER HAD HIS SECOND AMPUTATION IN 2020



ADDITIONAL PHOTOGRAPHY GETTY IMAGES

Your PUZZLES

Grab a cuppa and a comfy chair – it's time to put your brainpower to the test.

CODE CRACKER

Each number in the grid represents a different letter of the alphabet and it's your task to decode them all. We have given you three letters to start you on your way, so you can see that S=2, N=8, and W=26. You can record each letter as you work it out in the letter checker at the bottom of the grid.

13	15	8	22	4	12		21	9	8	9	1	13	4		11	9	1	4	14	2
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	S						N					
14	15	16	17	18	19	20	21	22	23	24	25	26
												W

CHUNKY CROSSWORD

Sharpen your pencil and show what you know. *For solutions, see page 127.*

ACROSS

- 1 Canine herder, kelpie (8)
 6 Letters of commendation (10)
 13 Possessor (5)
 14 Conveyed (9)
 15 Bellybutton (5)
 16 Painting medium (7)
 18 On the way to that place (2,5,2)
 19 Japanese coin (3)
 20 Lowest point (5)
 22 --- John, singer (5)
 24 Extrasensory perception (1,1,1)
 26 Melbourne river (5)
 28 Cloudy (6)
 29 Immediately (6)
 31 Roll (7)
 32 Egyptian city (10)
 34 Plank for riding on (10)
 37 Financial rescue (7)
 38 Bought off (6)
 39 Introduction (4-2)
 41 Type of football game (5)
 42 That girl's (3)

- 43 Tint (5)
 45 Chock (5)
 46 That guy's (3)
 48 Whimpering (9)
 51 Fearful, worried (7)
 53 Jargon (5)
 54 Protected from the elements (9)
 55 Song of praise (5)
 56 The ---, Arnold Schwarzenegger sci-fi film franchise (10)
 57 Resident of Athens (8)

DOWN

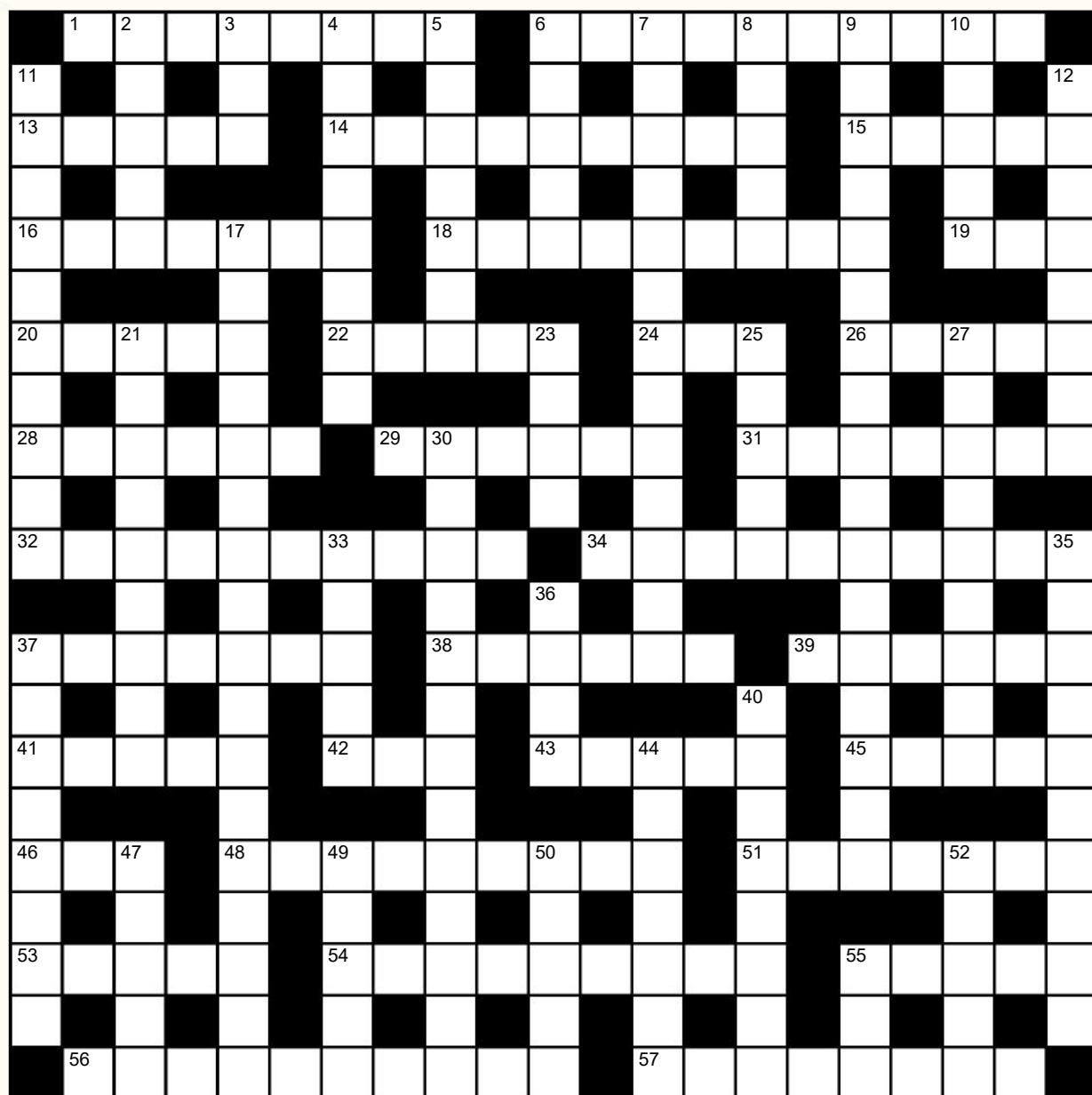
- 2 Follower of an Indian religion (5)
 3 Organ of hearing (3)
 4 Tottered (8)
 5 Sullivan's collaborator (7)
 6 Thames, eg (5)
 7 Chinese takeaway treat (7,6)
 8 Mountain crest (5)
 9 What you might say to a nosy parker (4,2,4,7)
 10 Ambassador (5)

- 11 Italian blue vein cheese (10)
 12 Lengthen (8)
 17 Network of blood vessels and organs (11,6)
 21 Earsplitting (9)
 23 Something not to be done (2-2)
 25 --- four, dainty cake (5)
 27 Catch ---, discover in the act of a crime (3-6)
 30 Repayment for expenses (13)
 33 Irrigation trench (5)
 35 Saddening (10)
 36 Abandon a lover (4)
 37 Anniversary of one's birth (8)
 40 Porch (8)
 44 West African country (7)
 47 Seamless change in topics (5)
 49 Stone worker (5)
 50 Bury (5)
 52 Musical drama (5)
 55 Greek god of shepherds and forests (3)

	8				2	6		
2						9	7	4
1		6					2	
				2				
					6		5	
8	4			9	7			
4						8		
			4	6	5			1
			9	8				

SUDOKU

Place the numbers 1-9 in each horizontal and vertical line, noting each number can only appear once in each of the nine 3 x 3 squares.



Turn upside down for puzzle solutions

ACROSS: 11 Sheepdog, 6 Hereticism, 13 Owner,
19 Yen, 20 Noddy, 22 Etion, 24 Esp, 26 Ferra,
28 Opaque, 29 Pronto, 31 Trundle, 32 Alexandria,
34 Keypad, 37 Balloot, 38 Bried, 39 Lead-Up,
41 Rubby, 42 Her, 43 Ting, 45 Wedge, 46 His,
48 Yammmering, 51 Anxious, 53 Argot, 54 Sheltered,
55 Paean, 56 Terminator, 57 Athenian.
DOWN: 2 Hindu, 3 Ear, 4 Dodered, 5 Gilbert, 6 River,
7 Fortune Cookie, 8 Ridge, 9 None Of Your Beeswax,
10 Envo, 11 Gorgonzola, 12 Engatse, 17 Circulatory
System, 21 Deafening, 23 No-No, 25 Pett,
27 Red-Handed, 30 Reinbursement, 33 Ditch,
35 Depressing, 36 Jilt, 37 Birthday, 40 Verandah,
44 Nigeria, 47 Segue, 49 Mason, 50 Inter, 52 Opera,
55 Pan.

Crossword

5	6	7	9	8	1	3	4	2
3	2	8	4	6	5	7	9	1
4	9	1	2	7	3	8	6	5
8	4	5	1	9	7	2	3	6
7	1	2	8	3	6	4	5	9
6	3	9	5	2	4	1	8	7
1	7	6	3	4	9	5	2	8
2	5	3	6	1	8	9	7	4
9	8	4	7	5	2	6	1	3

Sudoku

W	Q	J	B	G	M	Z	F	Y	Z	R	V	U	R	K	L	W
26	25	24	23	22	21	20	19	18	17	16	15	14	13	12	11	10
L	X	3	2	1	9	8	7	6	5	4	3	2	1	14	13	12
13	12	11	10	9	8	7	6	5	4	3	2	1	14	13	12	11
L	X	3	2	1	9	8	7	6	5	4	3	2	1	14	13	12
13	12	11	10	9	8	7	6	5	4	3	2	1	14	13	12	11
L	X	3	2	1	9	8	7	6	5	4	3	2	1	14	13	12
13	12	11	10	9	8	7	6	5	4	3	2	1	14	13	12	11
L	X	3	2	1	9	8	7	6	5	4	3	2	1	14	13	12
13	12	11	10	9	8	7	6	5	4	3	2	1	14	13	12	11
L	X	3	2	1	9	8	7	6	5	4	3	2	1	14	13	12
13	12	11	10	9	8	7	6	5	4	3	2	1	14	13	12	11
L	X	3	2	1	9	8	7	6	5	4	3	2	1	14	13	12
13	12	11	10	9	8	7	6	5	4	3	2	1	14	13	12	11
L	X	3	2	1	9	8	7	6	5	4	3	2	1	14	13	12
13	12	11	10	9	8	7	6	5	4	3	2	1	14	13	12	11
L	X	3	2	1	9	8	7	6	5	4	3	2	1	14	13	12
13	12	11	10	9	8	7	6	5	4	3	2	1	14	13	12	11
L	X	3	2	1	9	8	7	6	5	4	3	2	1	14	13	12
13	12	11	10	9	8	7	6	5	4	3	2	1	14	13	12	11
L	X	3	2	1	9	8	7	6	5	4	3	2	1	14	13	12
13	12	11	10	9	8	7	6	5	4	3	2	1	14	13	12	11
L	X	3	2	1	9	8	7	6	5	4	3	2	1	14	13	12
13	12	11	10	9	8	7	6	5	4	3	2	1	14	13	12	11
L	X	3	2	1	9	8	7	6	5	4	3	2	1	14	13	12
13	12	11	10	9	8	7	6	5	4	3	2	1	14	13	12	11
L	X	3	2	1	9	8	7	6	5	4	3	2	1	14	13	12
13	12	11	10	9	8	7	6	5	4	3	2	1	14	13	12	11
L	X	3	2	1	9	8	7	6	5	4	3	2	1	14	13	12
13	12	11	10	9	8	7	6	5	4	3	2	1	14	13	12	11
L	X	3	2	1	9	8	7	6	5	4	3	2	1	14	13	12
13	12	11	10	9	8	7	6	5	4	3	2	1	14	13	12	11
L	X	3	2	1	9	8	7	6	5	4	3	2	1	14	13	12
13	12	11	10	9	8	7	6	5	4	3	2	1	14	13	12	11
L	X	3	2	1	9	8	7	6	5	4	3	2	1	14	13	12
13	12	11	10	9	8	7	6	5	4	3	2	1	14</			

Code Cracker

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LIGHT MEALS & SIDES

- 72 BLT pasta salad ●
- 87 Bean & tomato salad ●●●
- 25 Charred lettuce with ranch dressing & bacon bits ●●
- 42 Chickpea & herb rice ●●
- 87 Creamed corn & chicken soup ●●
- 25 Cucumber soup ●●●
- 71 Falafel lunchbox ●●
- 51 Feta & semi-dried tomato omelette ●●●
- 47 Greek feta traybake ●●
- 76 Lunchbox pasta salad ●●
- 50 Poached egg on avocado & feta toast ●●●
- 28 Silverbeet spanakopita ●●
- 34 Slow cooker tomato soup ●●●
- 72 Super salad wraps ●●●
- 69 Tomato & oregano fritters ●●
- 59 Tuna, asparagus & white bean salad ●●

MAINS

- 34 Air-fryer sweet potato jackets with tahini yoghurt ●●
- 68 Cajun prawn & charred corn salad ●

- 16 Caprese chicken sandwiches ●●
- 60 Chargrilled smoky tomato chicken ●●
- 54 Charred veg & tuna nicoise with creamy yoghurt dressing ●●
- 64 Fragrant lemongrass & coconut chicken stir-fry ●●
- 18 Green gazpacho ●●
- 40 Green masala eggs ●●
- 44 Haloumi flatbreads with cabbage slaw ●●●
- 64 Harissa fish with bulgur salad ●●
- 28 Harissa lamb-stuffed zucchini ●●
- 68 Lemon & green bean pasta ●●
- 58 Lemon spaghetti with tuna & broccoli ●●
- 33 Microwave cheat's paella ●
- 40 Okra with tomato sauce & couscous ●
- 58 Pesto, cannellini bean & tuna jackets ●
- 17 Ponzu tofu poke bowl ●
- 42 Roasted broccoli, lentil & tahini yoghurt ●●●

- 50 Salmon with beetroot, feta & lime salsa ●●
- 57 Spinach & tuna pancakes ●
- 18 Tomato & black bean taco salad ●●
- 19 Tuna, zucchini & chilli chickpeas ●●
- 39 Zucchini & caramelised red onion tart ●●

SNACKS & DESSERTS

- 87 60 second dessert ●●
- 30 Avocado, kiwi & lime ice blocks ●●●
- 76 Choc-orange energy balls ●
- 87 Cream cheese & cucumber crispbreads ●●
- 84 Crepes with mango & ricotta cream ●●
- 82 Fruit salad rice paper rolls ●●
- 84 Honey buttermilk ice-cream with fruit salsa ●
- 82 Nectarine & almond tarte tartin ●
- 75 Oaty fruit slice ●
- 29 Raspberry cake ●
- 79 Strawberry ice-blocks ●●●

KEY ● Gluten free ● Gluten-free option ● Vegetarian ● Lower carb ● Lower-carb option

COOKING All our recipes are designed for a fan-forced oven. If you have a conventional oven, you'll need to increase the temperature by 10-20°C, depending on your oven. All recipes are tested in a 1000W microwave oven.

FREEZING Pack individual serves into airtight containers. Label with the recipe name and date. Main meals will generally freeze for three to six months, with three being optimal. To reheat, put the dish in the fridge overnight to defrost (never leave it on the bench overnight) or defrost on low/30% in the microwave. Reheat on the stove, in the oven, or microwave it on medium/50%, depending on the dish.

GLUTEN FREE When a recipe ingredient is tagged 'gluten free' it may either be branded gluten free or gluten free by ingredient – please check the label to ensure the product is suitable for you. **Note:** Some spices carry a 'may contain' statement. It is important to check the label of packaged products to ensure they are gluten free.

LOWER CARB When a recipe is tagged 'lower carb' it means it is less than 2 carb exchanges for a main or light meal and less than 1 carb exchange for a snack or dessert. This may be beneficial for people who are trying to control their type 2 with diet and/or medication. If you are on insulin and planning to follow a lower-carb diet, speak to your care team first.

LOWER-CARB OPTION When possible we will provide an ingredient substitution from the main recipe to reduce the carbs to less than 2 carb exchanges for a main or light meal and less than 1 carb exchange for a snack or dessert.

THE AUSTRALIAN
Women's Weekly

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Now is a good time to plan your diabetes health checks for 2023.

Diabetes can lead to complications, but with regular health checks you can identify problems early and put the best treatment in place.

Ask your GP or practice nurse about getting a diabetes management plan. You may be eligible to get a Medicare rebate to see a diabetes health professional.

Book in a health check today!

Your diabetes health checks

Health check	When?	Book in with a
☒ HbA1c	Every 6-12 months	doctor, diabetes nurse practitioner or diabetes educator
☒ Blood pressure	Every 6 months	GP, practice nurse or pharmacist
☒ Foot assessment for low risk feet	Every year	GP, diabetes educator, diabetes nurse practitioner, practice nurse or podiatrist
☒ Foot assessment for medium risk feet	Every 3-6 months	GP, diabetes educator, diabetes nurse practitioner, practice nurse or podiatrist
☒ Foot assessment for high risk feet	Every 1-3 months	GP, diabetes educator, diabetes nurse practitioner, practice nurse or podiatrist
☒ Eye examination	Every 2 years	optometrist or eye specialist
☒ Kidney health	Every year	GP or diabetes specialist (endocrinologist)
☒ Blood fats	Every year	doctor
☒ Weight assessment	Every 6 months	doctor or diabetes health professional
☒ Healthy eating review	Every year	dietitian
☒ Physical activity review	Every year	exercise physiologist
☒ Medication review	Every year	GP or pharmacist